



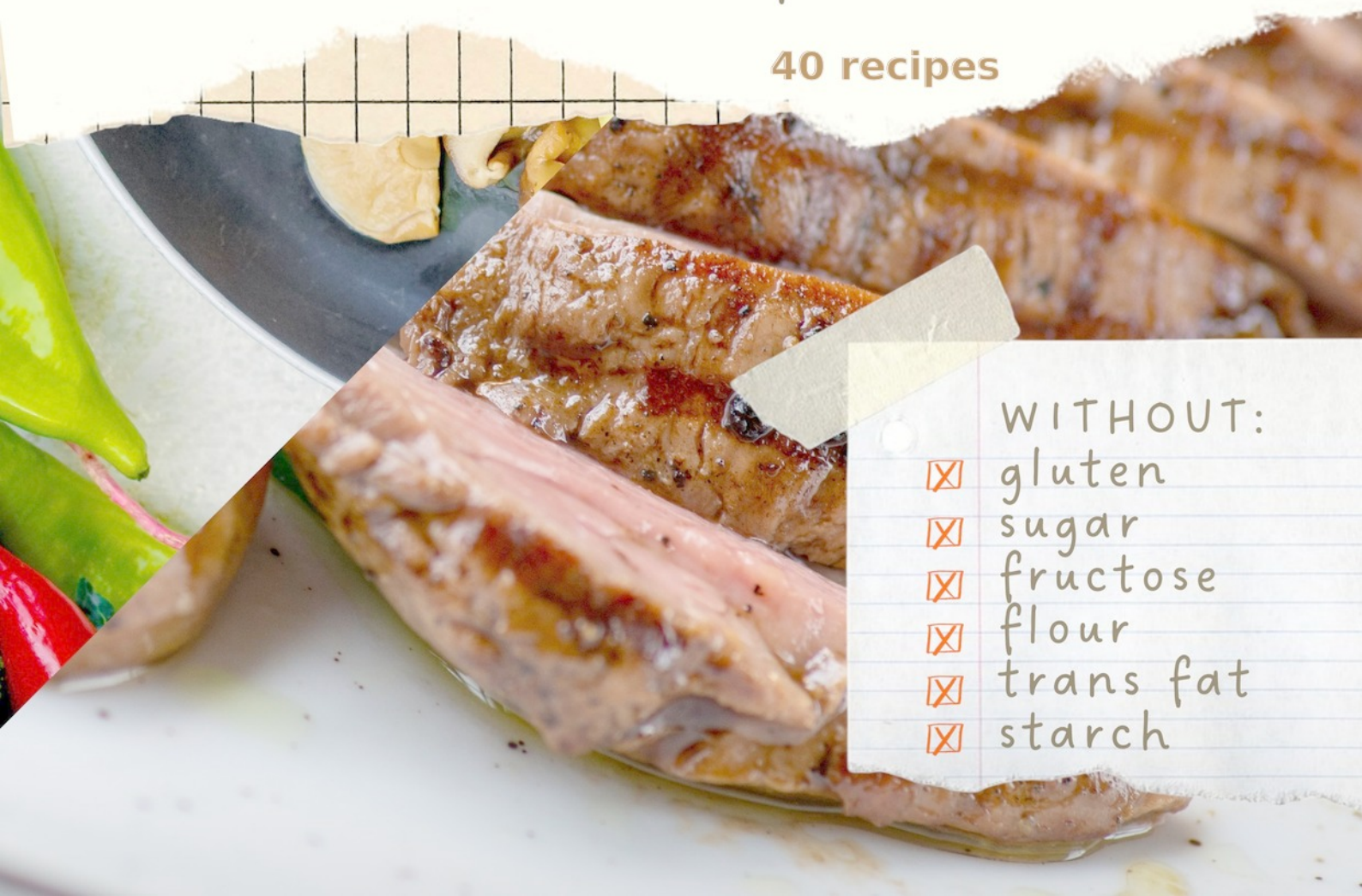
KLYMENKO
ROMAN



COLLECTION OF RECIPES FOR METABOLISM

40 recipes

40 recipes



WITHOUT:

- ☒ gluten
- ☒ sugar
- ☒ fructose
- ☒ flour
- ☒ trans fat
- ☒ starch

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Introduction

Metabolism is the sum of all processes in the body that convert food into energy. The speed of metabolism affects not only weight but also energy levels, well-being, skin condition, and even mood.

If metabolism is slowed down, the body burns fewer calories, accumulates fat, experiences fatigue, worsens thermoregulation, and feels cold.

You can accelerate metabolism not only through physical activity but also by selecting the right nutrients that help the thyroid gland, muscles, and cells work more efficiently.

Nutrients to Boost Metabolism

Metabolism is a complex process involving hormones, enzymes, and various nutrients. For it to function properly, the body requires certain vitamins and minerals that activate hormone production, participate in the breakdown of proteins, fats, and carbohydrates, and promote energy production.

Iodine - Metabolism Activator

Iodine is a key element for the thyroid gland, which controls metabolism through the production of the hormones thyroxine (T4) and triiodothyronine (T3). These hormones regulate the rate of calorie burning, energy levels, and the body's thermoregulation.

Why is iodine important for metabolism?

- Stimulates thyroid gland function, increasing metabolic rate.
- Helps the body burn calories more efficiently, preventing weight gain.
- Supports cognitive functions – its deficiency can cause «brain fog» and decreased concentration.
- Regulates body temperature – iodine deficiency often leads to feeling cold, especially in the hands and feet.

Signs of iodine deficiency:

- lethargy, fatigue, and low energy production;
- tendency to gain weight with normal eating;
- dry skin, brittle hair, and nails;

- swelling, especially in the face and neck area.

Best sources of iodine:

- Sea fish (cod, halibut, tuna) – contains easily absorbable iodine and protein.
- Seaweed (kelp, nori, wakame) – one of the richest sources of iodine.
- Seafood (shrimp, mussels, oysters) – also rich in zinc and selenium.
- Eggs – contain iodine, protein, and fat-soluble vitamins.

Selenium – Protection and Support for Metabolism

Selenium plays an important role in converting the hormone T4 into the active T3, which more effectively speeds up metabolism.

This mineral also protects thyroid cells from oxidative stress and inflammation, preventing metabolic slowdown.

Why is selenium important for metabolism?

- Activates thyroid hormones that influence metabolic rate.
- Prevents inflammation and tissue damage, which is especially important in autoimmune diseases (Hashimoto's thyroiditis).
- Facilitates the effective breakdown of fats and carbohydrates, helping the body obtain energy.
- Supports the immune system, which is important for overall health and energy.

Signs of selenium deficiency:

- weakness, fatigue, apathy;
- hair loss and brittle nails;
- skin issues (dryness, inflammation);
- tendency to gain weight due to slowed metabolism.

Best sources of selenium:

- Brazil nuts – just 1-2 nuts a day provide the daily norm of selenium.
- Sea fish and seafood – tuna, sardines, shrimp.
- Eggs – contain selenium, iodine, and protein.
- Mushrooms – especially white and champignon.

Protein – The Foundation of Fast Metabolism

Protein is the main building material for the body, and its digestion requires 20-30% more energy than carbohydrates and fats. This is known as the thermic effect of food (TEF) – the process by which the body expends calories on the digestion and absorption of food.

Why is protein important for metabolism?

- Increases thermogenesis, speeding up calorie burning.
- Supports and repairs muscles, which are «metabolically active» – the more muscle mass, the faster the metabolism.
- Stabilizes blood sugar levels, preventing sharp insulin spikes.
- Provides a lasting feeling of fullness, reducing cravings for quick carbohydrates.

Best sources of protein:

- Chicken breast and turkey – high in protein and low in fat.
- Fish (salmon, tuna, mackerel) – contains not only protein but also Omega-3.

- Eggs – an ideal balance of protein, fats, and nutrients.
- Beef – rich in protein, iron, and zinc.

Fats – Fuel for Metabolism

Healthy fats play an important role in regulating metabolism and energy, and also help the body absorb fat-soluble vitamins (A, D, E, K).

Why are healthy fats important for metabolism?

- Provide sustained energy without blood sugar spikes.
- Support hormonal balance, including the production of leptin, which regulates appetite.
- Reduce inflammation, positively impacting metabolism.

Best sources of healthy fats:

- Avocado – contains monounsaturated fats that improve insulin sensitivity.
- Coconut oil – rich in medium-chain triglycerides (MCTs), which provide a quick energy boost.
- Nuts – almonds, walnuts, cashews.
- Olive oil – antioxidants + healthy fats for the heart.

Zinc – Fuel for Metabolism

Zinc is involved in the synthesis of insulin and thyroid hormones that control metabolism. It also plays a role in the processing of proteins, fats, and carbohydrates.

Why is zinc important for metabolism?

- Helps maintain high energy levels.
- Participates in the synthesis of enzymes that break down food.
- Supports testosterone levels, which is especially important for metabolism and muscle growth.

Best sources of zinc:

- Meat (beef, lamb) – contains easily absorbable zinc.
- Oysters – a record holder for zinc content.
- Nuts and seeds – pumpkin seeds, cashews, almonds.

What This Book Is About

This recipe collection will help you maintain an active metabolism through balanced nutrition.

All dishes in the book contain a significant amount of key nutrients needed to boost metabolism, maintain energy, and improve body composition.

Use these recipes to stay energized, active, and maintain a healthy weight without stressing the body.

Bon appétit and good health.

Meat and chicken

Beef roll like ham

Meat and chicken



A source of protein and iron, this beef roll is rich in B vitamins and antioxidants thanks to the spices. Its rich flavor and aroma make it an excellent addition to a keto diet.

Equipment:



Roasting sleeve

Servings: 10 (1 serving ≈ 104 grams)

Difficulty: hard

Ingredient	Amount, g	
Beef	1000	
Nitrite salt	10	1.7 tsp
Garlic	10	2 pcs
Cooking salt	5	3/4 tsp
Black pepper	5	2.5 tsp
Paprika	5	2 tsp
Dry garlic	3	
Bay leaf	1	3.3 pcs
Yield:	1 039 g	

Cooking time, min

Preparation	5
Let stand	7 days
Slice	5
Preparation	20
Boil	4 h
Chill	30
Chill in the refrigerator	12 h

7 days 5 h - 7 days 17 h

	100 g
Protein	24.2
Digestible protein	22.1
Fats	14.5
Fiber	0.2
Net carbs	0.5
Fructose	0
Calories	244 kcal

Indexes

Glycemic index	0.1
Glycemic load	0
Insulin index, II	29.3
Inflammatory index, DII	0.01
Antioxidant, ORAC	466

Rub the beef brisket (1 kg) with curing salt (10 g) and table salt (5 g). Place the meat in a bag, remove as much air as possible, and refrigerate for 5-7 days. Once a day, massage the meat through the bag to ensure the salt is evenly distributed.

If you are not using curing salt, prepare a brine solution from celery juice (100 ml) and table salt (15 g) per 1 kg of meat, strain it, and evenly inject the meat with a culinary syringe. In this case, keep the meat in the bag for 2 days, then continue with the recipe.

After curing, make cross cuts on the inside of the meat and thoroughly knead it until sticky protein threads appear. Mix coarsely ground black pepper (5 g), smoked paprika (5 g), fresh garlic (2 cloves), dried garlic (3 g), and bay leaf (1 piece). Rub the meat with this mixture and roll it tightly.

Put a ham net over a plastic tube or a cut 2-liter bottle and tie a knot. Carefully push the roll through the tube into the net, tightly tie it with a string, and place the preparation in a baking bag or vacuum bag.

Cook the roll for 4 hours at 90 °C. You can use a slow cooker or a pot on low heat; the water should barely simmer. Place a plate at the bottom so that the bag does not touch the hot bottom.

Transfer the bag with the roll to cold water and cool completely. Then, refrigerate the roll overnight without opening the bag. Slice thinly after it has completely cooled.

Digestion time: 24 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Fructose												
Collagen	52	54	52	54	52	54	52	54	26	27	9	9
Zinc	49	51	67	70	49	51	107	111	11	11	11	11
Iron	31	32	14	15	9	9	24	25	16	17	5	5
Phosphorus	26	27	26	27	26	27	36	37	18	19	9	9
Sodium	24	25	24	25	24	25	47	49	22	23	11	11
Vitamin B3	21	22	24	25	19	20	42	44	17	18	1	1
Vitamin B6	14	15	14	15	10	10	31	32	6	6	1	1
Chlorine	13	14	13	14	13	14	16	17	13	14	3	3
Vitamin B2	10	10	12	12	9	9	21	22	4	4	1	1
Betaine	10	10	10	10	10	10	40	42	3	3	1	1
Vitamin B4 (Choline)	9	9	12	12	11	11	20	21	5	5	2	2
Selenium	9	9	9	9	8	8	17	18	5	5	1	1
Potassium	9	9	11	11	10	10	13	14	7	7	6	6
L-carnitine	9	9	18	19	9	9	46	48	5	5	2	2
Vitamin B5	7	7	7	7	6	6	12	12	4	4	1	1
Coenzyme Q10	7	7	7	7	7	7	20	21	2	2	1	1
Magnesium	5	5	6	6	6	6	15	16	3	3	2	2

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	43	45	43	45	43	45	173	180			87	90
Palmitic acid (Saturated)	37	38	37	38	37	38	56	58			73	76
Stearic acid (Saturated)	12	12	14	15	14	15	19	20			29	30
Alpha-linolenic acid (Omega-3)	11	11	17	18	13	14	20	21	9	9	6	6
Oleic acid (Omega-9)	7	7	9	9	8	8	12	12			10	10
Arachidonic acid (AA, Omega-6)	5	5	16	17	11	11	33	34			3	3

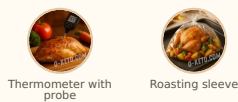
Boiled beef brisket

Meat and chicken



A source of high-quality protein and iron, cooked beef brisket supports muscle and cardiovascular health. Spicy seasonings give the dish a rich flavor, making it perfect for a hearty lunch.

Equipment:



Servings: 8 (1 serving ≈ 128 grams)
Difficulty: medium

Ingredient		Amount, g	
Beef		1000	
Nitrite salt	10	1.7	tsp
Cooking salt	5	3/4	tsp
Black pepper	5	2.5	tsp
Dried garlic	3		
Coriander (cilantro seeds)	2	1	tsp
Bay leaf	1	3.3	pcs
Yield:		1 026 g	

Cooking time, min

Mix dry ingredients	5
Chill in the refrigerator	7 days
Let stand	1 h
Boil	4 h
Chill	30
Chill in the refrigerator	12 h
7 days 5 h 35 min - 7 days 17 h 35 min	

	100 g
Protein	24.4
Digestible protein	22.4
Fats	14.6
Fiber	0.2
Net carbs	0.2
Calories	245 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	29.3
Inflammatory index, DII	0.02
Antioxidant, ORAC	324

Mix nitrite salt (10 g), table salt (5 g), coarsely ground black pepper (5 g), garlic powder (3 g), bay leaf (1 piece), and coriander (2 g). Rub the beef brisket (1 kg) with the dry mixture on all sides.

If you are not using nitrite salt, prepare a brine solution from celery juice (100 ml) and table salt (15 g) per 1 kg of meat, strain it, and evenly inject the meat with a culinary syringe. In this case, keep the meat in a bag for 2 days, then continue cooking according to the recipe.

Place the meat in a vacuum bag and vacuum seal it. If you don't have a vacuum sealer, use a baking bag and expel as much air as possible. Store the meat in the refrigerator for 5-7 days, turning the bag once a day for even salting.

After salting, heat the meat in the bag in water at 45 °C for 1 hour.

Then cook the brisket in the same bag for 4 hours at 90 °C. A slow cooker or pot on low heat will work; place a plate at the bottom so that the bag does not touch the hot bottom. For sous-vide, you can choose the 62 °C setting and cook for 48 hours.

Transfer the bag with the meat to cold water and cool completely. Then place the brisket in the refrigerator overnight without opening the bag. Slice thinly after it has completely cooled.

Digestion time: 24 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Collagen	53	68	53	68	53	68	53	68	26	33	9	12
Zinc	49	63	68	87	49	63	108	138	11	14	11	14
Iron	30	38	13	17	9	12	24	31	16	20	5	6
Phosphorus	26	33	26	33	26	33	36	46	18	23	9	12
Sodium	25	32	25	32	25	32	47	60	23	29	11	14
Vitamin B3	21	27	24	31	19	24	42	54	17	22	1	1
Chlorine	14	18	14	18	14	18	17	22	14	18	4	5
Vitamin B6	14	18	14	18	9	12	30	38	6	8	1	1
Vitamin B2	10	13	11	14	9	12	21	27	4	5	1	1
Betaine	10	13	10	13	10	13	41	52	3	4	1	1
Vitamin B4 (Choline)	9	12	12	15	11	14	20	26	5	6	3	4
Selenium	9	12	9	12	8	10	17	22	5	6	1	1
L-carnitine	9	12	19	24	9	12	47	60	5	6	2	3
Potassium	8	10	11	14	10	13	12	15	7	9	6	8
Vitamin B5	7	9	7	9	6	8	12	15	4	5	1	1
Coenzyme Q10	7	9	7	9	7	9	20	26	2	3	1	1
Magnesium	5	6	6	8	6	8	15	19	3	4	2	3

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	44	56	44	56	44	56	175	224			88	113
Palmitic acid (Saturated)	37	47	37	47	37	47	57	73			74	95
Alpha-linolenic acid (Omega-3)	12	15	17	22	13	17	20	26	9	12	6	8
Stearic acid (Saturated)	12	15	15	19	15	19	19	24			29	37
Oleic acid (Omega-9)	7	9	9	12	8	10	13	17			10	13
Arachidonic acid (AA, Omega-6)	6	8	17	22	11	14	33	42			3	4

Boiled beef shoulder

Meat and chicken



Source of high-quality protein and iron, boiled beef shoulder supports muscle health and blood formation. Garlic and rosemary add antioxidants and aroma, enhancing the flavor qualities.

Servings: 3 (1 serving ≈ 108 grams)
Difficulty: easy

Ingredient	Amount, g	
Beef	300	
Garlic	10	2 pcs
Cooking salt	7	1.2 tsp
Rosemary	5	1.1 tbsp
Black pepper	2	1 tsp
Yield:	324 g	

Cooking time, min

Preparation	5
Bring to a boil	10
Boil	2 h
2 h 15 min	

	100 g
Protein	23.5
Digestible protein	21.3
Fats	14
Fiber	0.5
Net carbs	1.3
Fructose	0
Calories	240 kcal

Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	28.8
Inflammatory index, DII	0
Antioxidant, ORAC	3 014

Place the beef (300 g) in a pot and cover it with water (1000 g) so that the meat is completely submerged. Add rosemary (5 g), garlic (10 g), salt (7 g), and black pepper (2 g). Bring to a boil, reduce the heat to low, and simmer for 1-2 hours until the meat is tender. For cooking time, aim for the upper limit — 2 hours. Remove the cooked shoulder from the broth, let it cool slightly, and use it as a standalone meat preparation or as a base for salads.

Digestion time: 24 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %

Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Fructose												
Chlorine	53	57	53	57	53	57	64	69	53	57	13	14
Collagen	50	54	50	54	50	54	50	54	25	27	8	9
Zinc	47	51	65	70	47	51	104	112	10	11	10	11
Sodium	35	38	35	38	35	38	68	73	33	36	16	17
Iron	33	36	15	16	10	11	27	29	18	19	5	5
Phosphorus	25	27	25	27	25	27	35	38	18	19	9	10
Vitamin B3	20	22	23	25	18	19	40	43	16	17	1	1
Vitamin B6	16	17	16	17	11	12	34	37	7	8	1	1
Betaine	10	11	10	11	10	11	39	42	3	3	1	1
Vitamin B4 (Choline)	9	10	11	12	11	12	19	21	5	5	2	2
Selenium	9	10	9	10	8	9	17	18	5	5	1	1
Potassium	9	10	11	12	10	11	13	14	7	8	6	6
Vitamin B2	9	10	11	12	9	10	20	22	4	4	1	1
L-carnitine	9	10	18	19	9	10	44	48	4	4	2	2
Vitamin B5	7	8	7	8	6	6	12	13	4	4	1	1
Coenzyme Q10	6	6	6	6	6	6	19	21	2	2	1	1
Magnesium	5	5	6	6	6	6	16	17	3	3	3	3

Lipids, %

Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	42	45	42	45	42	45	167	180			83	90
Palmitic acid (Saturated)	35	38	35	38	35	38	54	58			70	76
Alpha-linolenic acid (Omega-3)	11	12	17	18	13	14	20	22	9	10	6	6
Stearic acid (Saturated)	11	12	14	15	14	15	19	21			28	30
Oleic acid (Omega-9)	7	8	8	9	8	9	12	13			9	10
Arachidonic acid (AA, Omega-6)	5	5	16	17	10	11	31	33			3	3

Sauces and dressings

Marinade for roast beef and beef tenderloin steaks

● Sauces and dressings



A source of antioxidants and anti-inflammatory compounds, this marinade enhances the flavor of meat, giving it a rich aroma. Olive oil aids in the absorption of healthy fats, while garlic supports the immune system.

Servings: 4 (1 serving ≈ 10 grams)

Difficulty: easy

Ingredient	Amount, g	
Fresh rosemary	10	
Olive oil	10	2 tsp
Garlic	7	1.4 pcs
Cooking salt	5	3/4 tsp
Coriander (cilantro seeds)	3	1.5 tsp
Black pepper	2	1 tsp
Paprika	2	3/4 tsp
Yield:	39 g	

Cooking time, min

Mix	5
Let stand	30
35 min	

	100 g
Protein	2.8
Digestible protein	0.3
Fats	27.5
Fiber	5.6
Net carbs	9.5
Fructose	0
Calories	304 kcal

Indexes

Glycemic index	1.9
Glycemic load	0.4
Insulin index, II	10
Inflammatory index, DII	-0.33
Antioxidant, ORAC	11 321

Mix sea salt (5 g), fresh rosemary (10 g), black pepper (2 g), minced garlic (7 g), paprika (2 g), coriander (3 g), and olive oil (10 g). Mash the mixture with a spoon to evenly distribute the spices in the oil.

This amount of marinade is enough for about a beef tenderloin (800 g) for roast beef or for steaks and medallions from the tenderloin (200 g). Rub the meat with the marinade, let it sit for 30 minutes at room temperature, then cook using your chosen method.

If you plan to marinate the meat for longer than 1-2 hours, do not add onion: it can add unwanted sharpness and overpower the flavor of the tenderloin.

Digestion time: 2 hours

Health benefits
✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

Minerals, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old) 100 g	serving	Doctor's advice 100 g	serving	Therapeutic dose 100 g	serving
Fructose												
Chlorine	335	34	335	34	335	34	405	41	335	34	85	9
Sodium	217	22	217	22	217	22	416	42	199	20	100	10
Vitamin A	116	12	150	15	136	14	262	26	70	7	70	7
Iron	63	6	28	3	19	2	50	5	34	3	10	1
Manganese	39	4	50	5	45	5	60	6	39	4	18	2
Vitamin B6	33	3	33	3	23	2	72	7	14	1	1	0
Vitamin E	26	3	26	3	26	3	57	6	4	0	1	0
Calcium	21	2	21	2	21	2	21	2	21	2	17	2
Fibers	19	2	29	3	26	3	29	3			18	2
Copper	17	2	17	2	15	2	35	4	10	1	5	1
Magnesium	17	2	22	2	19	2	54	5	12	1	9	1
Vanadium	17	2	17	2	17	2	50	5			5	1
Potassium	15	2	20	2	18	2	23	2	13	1	11	1
Vitamin C	15	2	19	2	16	2	56	6	3	0	1	0
Phosphorus	14	1	14	1	14	1	20	2	10	1	5	1
Vitamin B5	11	1	11	1	9	1	18	2	5	1	1	0
Vitamin B2	11	1	13	1	10	1	23	2	5	1	1	0
Vitamin K	11	1	14	1	14	1	23	2	11	1	3	0
Zinc	10	1	14	1	10	1	22	2	2	0	2	0
Selenium	9	1	9	1	8	1	16	2	5	1	1	0
Vitamin B9	8	1	8	1	5	1	16	2	8	1	3	0
Vitamin B3	6	1	7	1	6	1	13	1	5	1	1	0
Vitamin B1	6	1	6	1	5	1	12	1	4	0	1	0
Molybdenum	6	1	6	1	6	1	13	1			1	0
Lipids, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old) 100 g	serving	Doctor's advice 100 g	serving	Therapeutic dose 100 g	serving
Oleic acid (Omega-9)	62	6	78	8	71	7	111	11			86	9
Palmitic acid (Saturated)	19	2	19	2	19	2	29	3			38	4

Lemon herb marinade

Sauces and dressings



A source of vitamin C and antioxidants, this marinade improves digestion and supports the immune system. The bright lemon flavor combined with aromatic herbs adds freshness and richness to dishes.

Equipment:



Difficulty: easy

Ingredient	Amount, g	
Lemon	60	1/2 pcs
Olive oil	45	3 tbsp
Garlic	10	2 pcs
Lemon zest	5	2.5 tsp
Thyme	2	1.3 tsp
Rosemary	2	1.3 tsp
Black pepper	to taste	
Cooking salt	to taste	
Yield:	124 g	

Cooking time, min

Preparation	15
Blend	5
Chill in the refrigerator	1 h

1 h 20 min

	100 g
Protein	1.3
Fats	36.7
Fiber	2.8
Net carbs	6.3
Fructose	0.5
Calories	355 kcal
Indexes	
Glycemic index	9.7
Glycemic load	1.1
Insulin index, II	5.1
Inflammatory index, DII	-0.53
Antioxidant, ORAC	6 900

Remove the leaves from the sprigs of thyme (a few sprigs) and rosemary (a few sprigs). Peel the garlic (2 cloves).

Combine in a blender olive oil (3 tbsp), thyme and rosemary leaves, garlic, lemon juice (1 piece), and lemon zest (1 piece). Add salt (to taste) and black pepper (to taste). Blend until you get a uniform aromatic marinade.

Lemon zest enhances the aroma of citrus oils and makes the chicken’s flavor brighter and fresher.

Cut the chicken into portion-sized pieces and thoroughly coat with the marinade. Let it marinate in the refrigerator for 30-60 minutes.

Grill for 12-18 minutes, turning regularly. Alternatively, bake in the oven at 200 °C for 25-35 minutes until golden brown and the internal temperature reaches 75 °C.

Digestion time: 2 hours

Health benefits
✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Fructose						
Vitamin C	38	46	41	138	7	2
Vitamin E	36	36	36	77	5	2
Vitamin K	25	33	33	54	25	6
Iron	18	8	5	14	9	3
Vitamin B6	14	14	10	30	6	1
Manganese	14	18	16	21	14	6
Calcium	7	7	7	7	7	6
Fibers	7	11	10	11		7
Vitamin A	6	7	7	13	3	3
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Oleic acid (Omega-9)	87	109	99	156		122
Palmitic acid (Saturated)	24	24	24	36		47

Dry spice mix for chicken

Sauces and dressings



A source of antioxidants and anti-inflammatory compounds, this blend gives chicken a rich flavor and aroma, improving digestion and supporting cardiovascular health.

Difficulty: easy

Ingredient	Amount, g	
Cooking salt	30	1.7 tbsp
Erythritol	5	1 tsp
Garlic powder	3	1 tsp
Coriander (cilantro seeds)	3	1.5 tsp
Black pepper	2	1 tsp
Paprika	1.3	1/2 tsp

Optional ingredients:

Allulose	4	1 tsp
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Yield: 44 g

Cooking time, min

Mix dry ingredients	5
Preparation	5
Chill in the refrigerator	3 h

3 h 10 min

	100 g
Protein	1.4
Fats	0.2
Fiber	2
Net carbs	6.3
Calories	36 kcal

Indexes

Glycemic index	3.5
Glycemic load	1.6
Insulin index, II	2.9
Inflammatory index, DII	-0.12
Antioxidant, ORAC	3 833

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Chlorine	1 767	1 767	1 767	2 139	1 767	451
Sodium	1 142	1 142	1 142	2 188	1 050	525
Iron	35	15	10	28	18	6
Iodine	20	20	14	34	15	3
Vitamin A	20	26	23	45	12	12
Vanadium	15	15	15	44		4
Vitamin B6	14	14	10	31	6	1
Manganese	12	15	13	18	12	5
Magnesium	10	13	11	31	7	5
Calcium	10	10	10	10	10	8
Phosphorus	10	10	10	14	7	4
Potassium	9	11	10	13	7	6
Selenium	8	8	7	15	4	1
Copper	8	8	7	16	5	2
Vitamin K	8	11	11	18	8	2
Zinc	6	9	6	14	1	1
Fibers	6	9	8	9		6
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
No nutrients above 1% RDI						

Cakes and sweet pies

Keto Opera Cake

● Cakes and sweet pies



A source of healthy fats and antioxidants, this dessert is rich in protein and fiber thanks to almond and lupin flour. Its rich chocolate flavor and creamy texture make it the perfect treat for a keto diet.

Equipment:



Blender



Mixer



Oven

Servings: 12 (1 serving $\approx$ 63 grams)

Difficulty: medium

Ingredient	Amount, g	
Preparation of coffee cream		
Butter	170	
Milk	80	5.3 tbsp
Egg yolk	80	4.7 pcs
Erythritol	70	4.7 tbsp
Water	20	1.3 tbsp
Gelatin 	5	1.7 tsp
Coffee	4	1.6 tsp
Preparation of ganache		
85% chocolate	80	6.7 tbsp
Cream	70	4.7 tbsp
Erythritol	30	2 tbsp
Butter	10	2 tsp
Preparation of sponge cake		
Egg	150	3 pcs
Egg white	120	3.6 pcs
Almond flour	55	4.6 tbsp
Erythritol	25	1.7 tbsp
Allulose	20	1.7 tbsp
Lupin flour 	5	1.7 tsp
Baking powder without starch 	4	1 tsp
Cooking salt	1	1/8 tsp
Preparation of chocolate frosting		
Cream	60	4 tbsp
85% chocolate	40	3.3 tbsp
Optional ingredients:		
85% chocolate	25	2.1 tbsp
Citric acid 	0.5	1/8 tsp
Coffee	1	1/3 tsp
Erythritol	15	1 tbsp
Butter	15	1 tbsp
Yield:	750 g	

	100 g
Protein	11
Digestible protein	7.7
Fats	43.4
Fiber	0.9
Net carbs	4.1
Calories	456 kcal
Indexes	
Glycemic index	5.2
Glycemic load	1.8
Insulin index, II	21
Inflammatory index, DII	-0.05
Antioxidant, ORAC	3 884

Cooking time, min	
Let stand	25
Heat on the stove	10
Beat with a mixer	10
Chill	30
Blend	5
Chill in the refrigerator	4 h
Mix	10
Beat with a mixer	15
Bake in the oven	20
Chill	20
Preparation	20
Chill in the refrigerator	10 h
Mix	10
Chill in the refrigerator	1 h
16 h 55 min - 17 h 55 min	

Preparation of Coffee Cream

Soak gelatin (5 g) in water (20 g) for 20-30 minutes.

In a saucepan, combine milk (80 g), erythritol (70 g), instant coffee (4 g), and the swollen gelatin. Heat almost to boiling and immediately remove from heat.

The amount of erythritol is calculated for a regular sweetener 1:1 to sugar. If using a sweeter concentrated sweetener, reduce the amount to taste.

Whisk the egg yolks (80 g) until light and fluffy. Gradually pour in the hot milk mixture while constantly whisking. Pour the mixture back into the saucepan and heat over low heat, stirring, until slightly thickened and the temperature is about 75 °C.

Cool the custard to 40 °C. Add softened butter (170 g) and blend with an immersion blender until smooth. Cover with plastic wrap directly on the surface and refrigerate for 3-5 hours until the cream thickens.

Preparation of Ganache

Heat 35% cream (70 g) with erythritol (30 g) almost to boiling. Pour the hot cream over 85% chocolate (80 g), stir, add butter (10 g), and blend until homogeneous.

Cover the ganache with plastic wrap directly on the surface and cool for 2-3 hours until it reaches a thick but pliable texture. If the ganache becomes too thick, take it out of the refrigerator in advance and let it warm slightly at room temperature.

Preparation of Biscuit

Preheat the oven to 160 °C in top-bottom mode without convection. Mix almond flour (55 g), lupin flour (5 g), and starch-free baking powder (4 g).

In a separate bowl, mix half of the allulose (20 g), erythritol (25 g), salt (1 g), and citric acid if using.

Whisk the egg white (120 g) until soft peaks form, gradually adding the sweet mixture. In another bowl, whisk the egg (150 g) with the remaining allulose until it whitens and increases in volume. Fold in the dry mixture, then gently combine the batter with the whipped egg whites.

Spread the batter on a silicone-lined parchment paper in a rectangle about 37×32 cm. Bake for 15-20 minutes until lightly golden. Remove the parchment from the warm biscuit, let it cool completely, and cut the layer into 3 equal cakes.

If you want a clearer bottom layer, brush one cooled cake with a thin layer of melted chocolate and chill until set. When assembling, place this cake chocolate side down.

Cake Assembly

Place the first cake layer on a work surface. Spread half of the coffee cream, cover with the second cake layer, and spread all the ganache.

Place the third cake layer, spread the remaining coffee cream, cover with plastic wrap directly on the surface, and refrigerate for 10 hours for stabilization.

Preparation of Chocolate Glaze

Heat 35% cream (60 g) with erythritol to taste if you want a sweeter coating. Pour the cream over 85% chocolate (40 g) and mix until smooth. If the mixture is too thick, add softened butter in small portions.

Pour the glaze over the stabilized cake, smooth it out, and refrigerate for at least 1 hour. Store the cake in a closed container in the refrigerator for up to 72 hours.

Substitution options

- **Gelatin:** Agar-agar - 1 g of gelatin is equivalent to 0.4 g of agar. Agar sets at room temperature and does not melt until 80 °C, so the soufflé will be denser. For creams, add agar to hot liquid and boil for 1 minute.
- **Lupin flour:** Almond flour - Plus 5% psyllium. Almonds are also gluten-free and low-carb, but they have more fat and less protein. Psyllium compensates for the missing binder and retains moisture. Baking time does not change, and the crust turns out slightly lighter.
- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.
- **Citric acid:** Lemon - 6 tsp of lemon juice is equivalent to 1 g of acid. The juice provides not only acidity but also a citrus aroma. For curdling milk, use cold juice; for marinades, heat for 1 minute to deactivate the enzymes.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Vitamin A	37	23	48	30	44	28	84	53	22	14	22	14
Iron	36	23	16	10	11	7	29	18	19	12	6	4
Selenium	33	21	33	21	30	19	60	38	18	11	5	3
Phosphorus	28	18	28	18	28	18	39	25	19	12	10	6
Vitamin B7	26	16	26	16	22	14	64	40	3	2	1	1
Vitamin B2	25	16	29	18	23	14	54	34	11	7	1	1
Collagen	23	14	23	14	23	14	23	14	11	7	4	3
Copper	20	13	20	13	18	11	41	26	12	8	6	4
Vitamin B12	19	12	19	12	18	11	16	10	15	9	1	1
Vitamin E	18	11	18	11	18	11	38	24	3	2	1	1
Magnesium	15	9	20	13	17	11	48	30	10	6	8	5
Manganese	13	8	17	11	15	9	20	13	13	8	6	4
Zinc	12	8	17	11	12	8	27	17	3	2	3	2
Vitamin B4 (Choline)	11	7	14	9	13	8	24	15	6	4	3	2
Vitamin B5	11	7	11	7	9	6	18	11	5	3	1	1
Potassium	9	6	11	7	10	6	13	8	7	4	6	4
Calcium	9	6	9	6	9	6	9	6	9	6	7	4
Vitamin D	8	5	8	5	8	5	8	5	1	1	1	1
Vitamin B6	7	4	7	4	5	3	15	9	3	2	1	1
Boron	7	4	7	4	7	4	14	9			2	1
Vitamin K2	6	4	8	5	8	5	12	8			2	1
Vitamin B9	6	4	6	4	4	3	12	8	6	4	2	1
Sodium	5	3	5	3	5	3	10	6	5	3	2	1
Vitamin B1	5	3	6	4	5	3	11	7	3	2	1	1
Iodine	5	3	5	3	4	3	9	6	4	3	1	1
Vitamin B13	5	3	5	3	5	3	14	9	1	1		
Coenzyme Q10	5	3	5	3	5	3	15	9	1	1	1	1
Chlorine	5	3	5	3	5	3	6	4	5	3	1	1
Lipids, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	352	222	352	222	352	222	1 410	888			705	444
Palmitic acid (Saturated)	96	60	96	60	96	60	147	93			191	120
Stearic acid (Saturated)	72	45	90	57	90	57	120	76			180	113
Oleic acid (Omega-9)	23	14	28	18	26	16	41	26			31	20
Arachidonic acid (AA, Omega-6)	23	14	70	44	47	30	141	89			14	9
Linoleic acid (Omega-6)	14	9	20	13	19	12	35	22			40	25
Alpha-linolenic acid (Omega-3)	6	4	8	5	6	4	10	6	4	3	3	2

Chiffon cake

● Cakes and sweet pies



A source of protein and fiber, this biscuit is low-calorie and suitable for diabetics thanks to stevia and allulose. Its delicate texture and light lemon flavor make it an ideal dessert for a keto diet.

Equipment:



Mixer



Oven

Difficulty: easy

Ingredient	Amount, g	
Egg	100	2 pcs
Stevia	10	2 tsp
Lupin flour [↗]	8	2.7 tsp
Allulose	7	1.75 tsp
Oat flour	4	
Whey protein isolate	4	1 tsp
Coconut oil	4	3/4 tsp
Baking powder without starch [↗]	0.5	1/8 tsp
Cooking salt	0.5	1/8 tsp
Citric acid [↗]	0.5	1/8 tsp
Optional ingredients:		
Vanilla	to taste	
Yield:	139 g	

Cooking time, min

Mix dry ingredients	5
Beat with a mixer	10
Knead the dough	5
Preparation	5
Bake in the oven	25
Let stand	10

1 h

	100 g
Protein	14.1
Digestible protein	13.2
Fats	10.6
Fiber	1.7
Net carbs	3
Calories	175 kcal
Indexes	
Glycemic index	2.5
Glycemic load	0.9
Insulin index, II	30
Inflammatory index, DII	-0.09
Antioxidant, ORAC	306

Mix lupin or soy flour (8 g), oat flour (4 g), protein (4 g), and baking powder (0.5 g).

In a separate bowl, combine allulose (7 g), sweetener (10 g), salt (0.5 g), citric acid (0.5 g), and vanilla (optional).

Do not substitute citric acid with juice. This will change the moisture and structure of the dough.

Whip the egg whites from 2 eggs until stiff peaks form. Gradually add the sweet mixture. Whip the egg yolks from two eggs until light and fluffy. Add the yolks to the whites. Gently fold until combined.

Add melted coconut oil (4 g). Mix well.

Gradually add the dry mixture. Gently mix until a uniform dough forms.

Pour the dough onto silicone-coated parchment paper. Spread it out to fit the size of the mold.

Bake at 180°C for 20-25 minutes without convection.

Cool the sponge on a rack. Cut into desired shapes before assembling the dessert.

Substitution options

- Lupin flour:** Almond flour - Plus 5% psyllium. Almonds are also gluten-free and low-carb, but they have more fat and less protein. Psyllium compensates for the missing binder and retains moisture. Baking time does not change, and the crust turns out slightly lighter.
- Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.
- Citric acid:** Lemon - 6 tsp of lemon juice is equivalent to 1 g of acid. The juice provides not only acidity but also a citrus aroma. For curdling milk, use cold juice; for marinades, heat for 1 minute to deactivate the enzymes.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Selenium	43	43	39	78	23	6
Vitamin B7	42	42	36	104	5	1
Vitamin B4 (Choline)	28	37	35	62	16	8
Vitamin B12	27	27	25	23	21	1
Phosphorus	23	23	23	32	16	8
Vitamin B2	23	27	22	50	10	1
Vitamin B5	19	19	16	32	10	1
Iron	18	8	5	14	9	3
Chlorine	15	15	15	18	15	4
Coenzyme Q10	14	14	14	43	4	1
Iodine	12	12	8	20	9	2
Sodium	11	11	11	20	10	5
Zinc	10	13	10	21	2	2
Vitamin B6	8	8	6	18	4	1
Manganese	7	9	8	11	7	3
Vitamin B1	7	7	6	13	4	1
Vitamin B9	6	6	4	13	6	3
Fibers	6	10	9	10		6
Copper	5	5	5	11	3	2
Vitamin A	5	7	6	12	3	3

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	135	135	135	539		269
Oleic acid (Omega-9)	62	78	71	112		87
Arachidonic acid (AA, Omega-6)	27	82	55	165		16
Palmitic acid (Saturated)	19	19	19	30		39
Alpha-linolenic acid (Omega-3)	5	8	6	9	4	3

Fairy Tale Cake (advanced version)

● Cakes and sweet pies



A source of protein and fiber, this dessert is low in calories thanks to erythritol and allulose, making it ideal for a keto diet. The delicate taste of butter and chocolate harmoniously combines with a light sweetness, creating a refined treat without excess carbohydrates.

Equipment:



Blender



Mixer



Oven

Servings: 8 (1 serving ≈ 119 grams)

Difficulty: medium

Ingredient	Amount, g	
Preparation of sponge cake		
Egg	200	4 pcs
Erythritol	25	1.7 tbsp
Lupin flour ⁵	16	1.8 tbsp
Allulose	15	1.25 tbsp
Oat flour	9	
Whey protein isolate	7	1.75 tsp
Coconut oil	7	1.4 tsp
Baking powder without starch ⁵	1	1/4 tsp
Citric acid ⁵	1	1/8 tsp
Cooking salt	1	1/8 tsp
Preparation of custard base		
Milk	220	
Erythritol	110	7.3 tbsp
Butter	60	4 tbsp
Egg yolk	40	2.4 pcs
Water	20	1.3 tbsp
Pectin NH	4	1.3 tsp
Tapioca starch	4	
Cooking salt	0.5	1/8 tsp
Vanilla	0.5	1/4 tsp
Additions to the cream		
Butter	200	
Cocoa powder	10	1.3 tbsp
Optional ingredients:		
Cognac	20	1.3 tbsp
Vanilla	to taste	
Yield:	951 g	

	100 g
Protein	5.9
Digestible protein	5.3
Fats	26.9
Fiber	0.9
Net carbs	3.1
Calories	274 kcal
Indexes	
Glycemic index	7.5
Glycemic load	1.7
Insulin index, II	19.8
Inflammatory index, DII	0.04
Antioxidant, ORAC	1 164

Cooking time, min	
Mix dry ingredients	5
Mix	5
Beat with a mixer	10
Knead the dough	10
Bake in the oven	35
Let stand	40
Let stand	30
Chill in the refrigerator	8 h
Mix	5
Blend	5
Let stand	10
Heat on the stove	10
Mix	5
Reduce	10
Blend	5
Chill in the refrigerator	4 h
Heat on the stove	5
Beat with a mixer	10
Preparation	10
Beat with a mixer	5
Preparation	5
Beat with a mixer	5
Preparation	10
Chill in the refrigerator	10 h
15 h 40 min - 1 days 1 h 55 min	

Preparation of Vanilla Biscuit

Mix lupin flour (16 g), oat flour (9 g), unflavored protein (7 g), and baking powder (1 g).

In a separate container, combine allulose (15 g), sweetener (20–25 g), citric acid (1 g), salt (1 g), and vanillin (optional).

Whip egg whites (120 g) to stiff peaks, gradually adding the sweet mixture.

Whip the yolk (80 g) until light and fluffy.

Add the yolk to the egg white mixture. Briefly whip to combine.

Pour in melted coconut oil (7 g). Gently fold with a spatula.

Gradually fold in the dry mixture. Mix until a uniform batter forms.

Pour the batter into a 15×20×6 cm pan or a round pan with a diameter of 16 cm.

Bake at 165–170 °C in top+bottom mode without convection for 30–35 minutes until a dark golden crust forms.

Immediately after baking, turn the pan upside down. Leave on a rack for 30–40 minutes.

Return the biscuit to its original position. Let it cool completely in the pan.

Remove the biscuit, tightly wrap it in film, and refrigerate for 6–8 hours.

Preparation of Pastry Cream Base

Mix sweetener (110 g), pectin NH (4 g), salt (0.5 g), and vanillin (0.5 g).

Add the dry mixture to milk 1–3.5% (220 g). Blend with an immersion blender until smooth.

Let the milk steep for 5–10 minutes.

Heat the mixture over medium heat until boiling, stirring constantly. Remove from heat.

Mix water (20 g) and tapioca starch (4 g). Add the starch mixture to the yolk (40 g). Mix well.

Gradually pour in the hot milk while stirring constantly.

Cook the mixture over low heat until slightly thickened.

Add butter 82% (60 g) and alcohol if using (10–20 g).

Blend the cream with an immersion blender until smooth.

Transfer the cream to a container. Refrigerate for at least 4 hours.

Before use, warm the cream to 20–22 °C.

Preparation of Buttercream

Whip butter 82% (200 g) until white and fluffy.

Continue whipping and add the pastry cream (~350 g) one tablespoon at a time.

Add each portion only after the previous one is fully incorporated.

Set aside 250 g of cream for the main filling.

Cake Assembly

Cut the biscuit into two layers.

Spread a thin layer of cream on the bottom layer and on the cut surface of the top layer, filling the pores.

Distribute the remaining cream on the bottom layer.

Cover with the second layer. Gently press to level the cake.

Chocolate Layer

Mix buttercream (200 g) and cocoa powder with 20–25% fat (10 g).

Whip with a mixer until a uniform chocolate color is achieved.

Spread 3/4 of the cream evenly on top of the cake or use a piping tip.

Distribute the remaining cream on the sides.

Decoration

Mix the remaining buttercream with food coloring to taste.

Whip until an even color is achieved.

Pipe the cream in patterns using a pastry tip.

Refrigerate the cake for at least 10 hours for soaking and full stabilization.

Store at +2...+6 °C for no more than 72 hours.

Substitution options

- **Lupin flour:** Almond flour - Plus 5% psyllium. Almonds are also gluten-free and low-carb, but they have more fat and less protein. Psyllium compensates for the missing binder and retains moisture. Baking time does not change, and the crust turns out slightly lighter.
- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.
- **Citric acid:** Lemon - 6 tsp of lemon juice is equivalent to 1 g of acid. The juice provides not only acidity but also a citrus aroma. For curdling milk, use cold juice; for marinades, heat for 1 minute to deactivate the enzymes.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

- ✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Vitamin A	22	26	28	33	25	30	49	58	13	15	13	15
Selenium	18	21	18	21	16	19	32	38	10	12	2	2
Vitamin B12	15	18	15	18	14	17	13	15	12	14	1	1
Vitamin B7	15	18	15	18	13	15	38	45	2	2	1	1
Phosphorus	14	17	14	17	14	17	20	24	10	12	5	6
Vitamin B2	12	14	14	17	11	13	25	30	5	6	1	1
Vitamin B13	10	12	10	12	10	12	29	35	1	1		
Vitamin B4 (Choline)	9	11	12	14	11	13	20	24	5	6	2	2
Iron	9	11	4	5	3	4	7	8	5	6	1	1
Vitamin B5	8	10	8	10	7	8	13	15	4	5	1	1
Calcium	6	7	6	7	6	7	6	7	6	7	5	6
Vitamin E	6	7	6	7	6	7	12	14	1	1	1	1
Iodine	6	7	6	7	4	5	10	12	4	5	1	1
Chlorine	6	7	6	7	6	7	7	8	6	7	1	1
Vitamin D	5	6	5	6	5	6	5	6	1	1	1	1
Zinc	5	6	7	8	5	6	12	14	1	1	1	1
Sodium	5	6	5	6	5	6	9	11	4	5	2	2
Coenzyme Q10	5	6	5	6	5	6	14	17	1	1	1	1
Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	342	407	342	407	342	407	1 369	1 629			684	814
Palmitic acid (Saturated)	68	81	68	81	68	81	105	125			136	162
Stearic acid (Saturated)	56	67	71	84	71	84	94	112			141	168
Arachidonic acid (AA, Omega-6)	21	25	63	75	42	50	126	150			13	15
Oleic acid (Omega-9)	20	24	25	30	22	26	35	42			28	33

Fish and seafood

Cod in orange marinade

Fish and seafood



A source of protein and omega-3 fatty acids, this dish supports heart and brain health. The bright flavor of orange and lemon adds freshness, while the spices enhance the aroma, making it perfect for a light dinner.

Servings: 1 (1 serving ≈ 116 grams)

Difficulty: easy

Ingredient	Amount, g	
Cod	100	
Ghee butter	5	1 tsp
Lemon	5	1/8 pcs
Orange zest	2.5	1.25 tsp
Garlic	2	1/3 pcs
Paprika	1	1/3 tsp
Thyme	0.5	1/3 tsp
Cooking salt	to taste	
Black pepper	to taste	
Optional ingredients:		
Chili pepper	5	1.7 tbsp
Yield:	116 g	

Cooking time, min

Slice	5
Fry	7
12 min	

	100 g
Protein	15.7
Digestible protein	14.4
Fats	5.3
Fiber	0.5
Net carbs	1.3
Fructose	0
Calories	117 kcal
Indexes	
Glycemic index	1.9
Glycemic load	0.3
Insulin index, II	18.3
Inflammatory index, DII	-0.12
Antioxidant, ORAC	1 241

Chop the garlic (0.5 cloves) into 2-3 pieces. Zest the orange (1/2 piece) and separate the leaves of dried thyme (0.5 g). Pat the cod fillet (100 g) dry with a paper towel, season with salt, pepper, and sprinkle with dry paprika (1 g) on all sides.

Heat a skillet over medium heat. Add the melted butter (5 g) and wait for it to melt. Add the orange zest, thyme, garlic, and cod fillet to the butter, and fry the fish for 3 minutes on each side until lightly browned. During frying, drizzle the cod with lemon juice (5 g).

Add the red chili pepper (5 g) along with the garlic if you want to make the flavor spicier.

Serve the cod hot. Before serving, remove the large pieces of garlic and zest if they have already infused their aroma into the butter.

Digestion time: 2 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old) 100 g	serving	Doctor's advice 100 g	serving	Therapeutic dose 100 g	serving
Fructose												
Selenium	59	68	59	68	54	63	109	126	33	38	8	9
Vitamin B12	30	35	30	35	28	32	26	30	24	28	1	1
Phosphorus	18	21	18	21	18	21	25	29	13	15	6	7
Vitamin B6	17	20	17	20	11	13	36	42	7	8	1	1
Vitamin A	16	19	20	23	19	22	36	42	10	12	10	12
Vitamin B3	12	14	13	15	10	12	23	27	9	10	1	1
Iron	9	10	4	5	3	3	8	9	5	6	2	2
Magnesium	9	10	12	14	11	13	31	36	7	8	5	6
Vitamin B4 (Choline)	8	9	10	12	10	12	17	20	4	5	2	2
Potassium	7	8	10	12	9	10	11	13	6	7	5	6
Vitamin B2	6	7	7	8	6	7	13	15	3	3	1	1
Vitamin B1	6	7	7	8	5	6	12	14	4	5	1	1
Manganese	5	6	6	7	5	6	7	8	5	6	2	2
Zinc	5	6	7	8	5	6	12	14	1	1	1	1
Vitamin E	5	6	5	6	5	6	10	12	1	1	1	1
Vitamin C	5	6	6	7	6	7	19	22	1	1	1	1
Vitamin K	5	6	7	8	7	8	12	14	5	6	1	1

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	77	89	77	89	77	89	306	355			153	177
DHA (Omega-3)	12	14	12	14	20	23	24	28			3	3
Palmitic acid (Saturated)	12	14	12	14	12	14	18	21			24	28
Stearic acid (Saturated)	11	13	13	15	13	15	18	21			27	31
Oleic acid (Omega-9)	6	7	7	8	7	8	10	12			8	9
EPA (Omega-3)	5	6	5	6	9	10	13	15			1	1

Baked mackerel stuffed with cheese

Fish and seafood



Baked mackerel with feta cheese, a source of omega-3 fatty acids and protein, supports heart and brain health. Dill and lemon add freshness and aroma, enhancing the flavor qualities.

Servings: 4 (1 serving ≈ 119 grams)

Difficulty: easy

Ingredient	Amount, g	
Mackerel	400	1 pcs
Feta	50	3.3 tbsp
Dill	10	
Mustard (without sugar)	5	3/4 tsp
Garlic	5	1 pcs
Lemon	5	1/8 pcs
Cooking salt	to taste	
Black pepper	to taste	
Yield:	475 g	

Cooking time, min

Preparation	20
Mix dry ingredients	10
Preparation	5
Bake	18
53 min	

	100 g
Protein	16.9
Digestible protein	16.7
Fats	14.1
Fiber	0.1
Net carbs	0.9
Fructose	0
Calories	204 kcal

Indexes

Glycemic index	0.5
Glycemic load	0.1
Insulin index, II	25.8
Inflammatory index, DII	-0.33
Antioxidant, ORAC	173

Rinse the mackerel (1 piece). Pat dry with paper towels. Make a cut along the belly. Remove the insides and thoroughly rinse the cavity. Cut off the head. If desired, remove the tail.

Place the fish with the back side up. Make a deep longitudinal cut along the spine from head to tail.

Open the fish like a book. Use your fingers to separate the meat from the spine on one side. Lift the spine at the base of the head. Pull it towards the tail, using a knife to help cut the meat along the bones.

Remove the rib bones by slicing them off in thin layers. Use tweezers to remove small bones. Leave two fillets connected by the skin.

If it's difficult to extract the spine, split the fish into two fillets and remove the bones separately.

In a bowl, mix feta cheese (50 g), mustard (1 tsp), minced garlic (5 g), lemon juice (5 g), and dill (10 g). Mash into a paste.

Spread the filling on one fillet. Cover with the second fillet. Lightly press down and shape into a whole fish. Line a baking sheet with parchment paper. Place the fish belly side down. Season with salt and pepper to taste.

Bake at 180–190 °C for 15–18 minutes until cooked through. Serve hot or warm. If desired, drizzle with lemon juice.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Selenium, Zinc

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Fructose												
Vitamin B12	607	722	607	722	560	666	520	619	485	577	1	1
Selenium	71	84	71	84	65	77	129	154	39	46	10	12
Vitamin D	54	64	54	64	54	64	54	64	9	11	9	11
Vitamin B6	52	62	52	62	36	43	114	136	23	27	1	1
Zinc	44	52	60	71	44	52	96	114	10	12	10	12
Vitamin B3	41	49	47	56	36	43	82	98	33	39	1	1
Phosphorus	40	48	40	48	40	48	55	65	28	33	14	17
Vitamin B2	26	31	31	37	24	29	57	68	11	13	1	1
Iron	20	24	9	11	6	7	16	19	10	12	3	4
Magnesium	20	24	27	32	24	29	65	77	14	17	11	13
Vitamin A	20	24	26	31	24	29	45	54	12	14	12	14
Potassium	12	14	15	18	14	17	17	20	10	12	8	10
Vitamin B5	10	12	10	12	9	11	17	20	5	6	1	1
Vitamin B1	10	12	11	13	9	11	21	25	6	7	1	1
Vitamin E	9	11	9	11	9	11	18	21	1	1	1	1
Sodium	8	10	8	10	8	10	16	19	7	8	4	5
Manganese	8	10	10	12	9	11	12	14	8	10	4	5
Iodine	8	10	8	10	6	7	13	15	6	7	1	1
Calcium	7	8	7	8	7	8	7	8	7	8	6	7
Vitamin B4 (Choline)	6	7	7	8	7	8	12	14	3	4	2	2
Probiotics	5	6	5	6	5	6	9	11			1	1
Lipids, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
EPA (Omega-3)	301	358	301	358	501	596	752	895			50	60
DHA (Omega-3)	269	320	269	320	449	534	539	641			67	80
Cholesterol	33	39	33	39	33	39	134	159			67	80
Oleic acid (Omega-9)	11	13	13	15	12	14	19	23			15	18
Arachidonic acid (AA, Omega-6)	8	10	24	29	16	19	48	57			5	6
Palmitic acid (Saturated)	8	10	8	10	8	10	12	14			16	19
Stearic acid (Saturated)	7	8	8	10	8	10	11	13			17	20
Alpha-linolenic acid (Omega-3)	5	6	7	8	5	6	8	10	4	5	2	2

Grilled shrimp

Fish and seafood



A source of protein, omega-3 fatty acids, and antioxidants, this dish supports heart health and improves metabolism. The vibrant flavor of lime and garlic gives the shrimp an appetizing aroma, making them perfect for a light dinner.

Equipment:



Blender



Grill

Servings: 2 (1 serving ≈ 177 grams)
Difficulty: easy

Ingredient	Amount, g	
Shrimp	240	
Preparation of marinade		
Olive oil	50	3.3 tbsp
Lime	40	1/2 pcs
Garlic	20	4 pcs
Rosemary	4	2.7 tsp
Cooking salt	to taste	
Black pepper	to taste	
Optional ingredients:		
Chile	to taste	
Yield:	354 g	

Cooking time, min

Preparation	15
Mix	5
Blend	5
Let stand	2 h
Fry	2
Fry	2
2 h 29 min	

	100 g
Protein	12.7
Digestible protein	12.2
Fats	15.4
Fiber	0.6
Net carbs	2.8
Fructose	0.1
Calories	196 kcal
Indexes	
Glycemic index	2.3
Glycemic load	0.2
Insulin index, II	22.2
Inflammatory index, DII	-0.21
Antioxidant, ORAC	2 448

Thaw the shrimp (15-16 pcs) in the refrigerator for 10-12 hours.

Make a cut along the back through the shell. Remove the intestine. Leave the shell on.

Mix olive oil (50 ml), lime juice (1 pc), garlic (3-4 cloves), rosemary (a few sprigs), salt (to taste), black pepper (to taste), and ground chili (optional). Blend the marinade until smooth.

Add the shrimp to the marinade. Mix thoroughly. Cover and refrigerate for 1.5-2 hours.

Preheat the grill or grill pan to high heat. Place the shrimp on it. Cook for 1.5-2 minutes on one side until the shell turns red. Flip them over. Cook for another 1-2 minutes.

Remove from heat immediately, do not overcook. Serve hot with a lime wedge (1/2 pc).

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Iodine, Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
		serving			serving			serving			serving			serving				serving
Fructose																		
Vanadium	68	120		68	120		68	120		203	359					20		35
Selenium	50	89		50	89		46	81		92	163		28	50		7		12
Betaine	30	53		30	53		30	53		119	211		8	14		2		4
Vitamin B12	25	44		25	44		23	41		22	39		20	35		1		2
Phosphorus	23	41		23	41		23	41		33	58		16	28		8		14
Vitamin E	16	28		16	28		16	28		34	60		2	4		1		2
Iodine	16	28		16	28		11	19		26	46		12	21		2		4
Zinc	9	16		13	23		9	16		20	35		2	4		2		4
Iron	9	16		4	7		3	5		7	12		5	9		1		2
Vitamin B6	7	12		7	12		5	9		15	27		3	5		1		2
Vitamin B4 (Choline)	6	11		8	14		8	14		14	25		3	5		2		4
Manganese	6	11		7	12		6	11		8	14		6	11		3		5
Magnesium	6	11		8	14		7	12		20	35		4	7		3		5
Potassium	6	11		8	14		8	14		10	18		6	11		4		7
Calcium	6	11		6	11		6	11		6	11		6	11		5		9
Vitamin B3	6	11		6	11		5	9		11	19		4	7		1		2
Lipids, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
		serving			serving			serving			serving			serving				serving
Cholesterol	515	912		515	912		515	912		2 061	3 648					1 031		1 825
DHA (Omega-3)	95	168		95	168		158	280		190	336					24		42
EPA (Omega-3)	31	55		31	55		51	90		76	135					5		9
Oleic acid (Omega-9)	29	51		36	64		33	58		52	92					40		71
Palmitic acid (Saturated)	8	14		8	14		8	14		13	23					17		30

Salads

Salad with wakame, fish, and cottage cheese

Salads



A source of protein and healthy fats, this salad is rich in omega-3 fatty acids and vitamins that support heart health. Tasty and fresh, it is perfect for a light lunch or snack.

Servings: 1 (1 serving ≈ 171 grams)
Difficulty: easy

Ingredient	Amount, g	
Tuna	60	
Cottage cheese	60	3.3 tbsp
Cilantro	20	
Lemon	15	1/8 pcs
Olive oil	10	2 tsp
Dried seaweed	6	
Yield:	171 g	

Cooking time, min

Let stand	15
Mix	5
20 min	

	100 g
Protein	17.2
Digestible protein	16.5
Fats	12.8
Fiber	0.7
Net carbs	3.6
Fructose	0.1
Calories	147 kcal

Indexes

Glycemic index	12.5
Glycemic load	0.6
Insulin index, II	20.7
Inflammatory index, DII	-0.11
Antioxidant, ORAC	755

Soak the dry wakame seaweed (6 g) in hot water and leave for 15 minutes. Drain the water, rinse the seaweed with boiled water, and gently squeeze it out.

Break the sardines in their own juice or tuna (60 g) into small pieces.

Rinse the herbs (20 g), dry them, and tear them by hand.

Mix the prepared seaweed, fish, cottage cheese (60 g), and herbs. Add olive oil (10 g) and lemon juice (15 g). Gently toss the salad and serve immediately.

If the cottage cheese is dry, mash it with a fork before adding. This will make the salad creamier.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Iodine, Selenium

Nutrients, % of the recommended daily intake

Minerals, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old) 100 g	serving	Doctor's advice 100 g	serving	Therapeutic dose 100 g	serving
Fructose												
Iodine	279	477	279	477	190	325	464	793	209	357	42	72
Selenium	48	82	48	82	44	75	87	149	26	44	7	12
Vitamin B12	39	67	39	67	36	62	33	56	31	53	1	2
Vitamin K	32	55	43	74	43	74	70	120	32	55	8	14
Vitamin B3	30	51	35	60	27	46	61	104	24	41	1	2
Phosphorus	29	50	29	50	29	50	41	70	20	34	10	17
Vitamin B6	24	41	24	41	16	27	52	89	10	17	1	2
Iron	12	21	5	9	3	5	9	15	6	10	2	3
Sodium	12	21	12	21	12	21	23	39	11	19	6	10
Chlorophyll	11	19	11	19	11	19	32	55			11	19
Vitamin E	10	17	10	17	10	17	22	38	2	3	1	2
Molybdenum	9	15	9	15	9	15	19	32			1	2
Vitamin C	9	15	11	19	9	15	32	55	2	3	1	2
Vitamin B2	8	14	9	15	7	12	17	29	3	5	1	2
Vitamin A	7	12	9	15	8	14	16	27	4	7	4	7
Vitamin B4 (Choline)	6	10	8	14	8	14	14	24	3	5	2	3
Vitamin B5	6	10	6	10	5	9	10	17	3	5	1	2
Zinc	5	9	7	12	5	9	11	19	1	2	1	2
Magnesium	5	9	7	12	6	10	17	29	4	7	3	5
Potassium	5	9	7	12	6	10	8	14	5	9	4	7
Calcium	5	9	5	9	5	9	5	9	5	9	4	7
Vitamin B9	5	9	5	9	3	5	10	17	5	9	2	3

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
DHA (Omega-3)	35	60	35	60	58	99	70	120			9	15
Cholesterol	20	34	20	34	20	34	81	139			41	70
Oleic acid (Omega-9)	19	32	24	41	22	38	35	60			27	46
EPA (Omega-3)	14	24	14	24	23	39	35	60			2	3
Palmitic acid (Saturated)	7	12	7	12	7	12	11	19			15	26

Tuna salad

Salads



A source of protein and omega-3 fatty acids, this tuna salad supports heart and brain health. Eggs add healthy fats and vitamins, while apples and lemon provide freshness and a hint of acidity.

Servings: 2 (1 serving ≈ 450 grams)

Difficulty: easy

Ingredient	Amount, g	
Tuna	360	
Egg	200	4 pcs
Red onion	100	1 pcs
Pickled cucumbers (sugar-free)	100	2.5 pcs
Apples	60	1/3 pcs
Lemon	50	1/3 pcs
Mayonnaise (homemade or sugar-free)	30	1.7 tbsp
Cooking salt	to taste	
Wasabi	to taste	
Black pepper	to taste	
Optional ingredients:		
Corn	50	1/8 pcs
Celery	40	1/8 pcs
Jalapeño	to taste	
Yield:	900 g	

	100 g
Protein	14.7
Digestible protein	14.4
Fats	5.1
Fiber	0.6
Net carbs	2.3
Fructose	0.5
Calories	112 kcal

Indexes

Glycemic index	5
Glycemic load	0.6
Insulin index, II	23
Inflammatory index, DII	-0.20
Antioxidant, ORAC	856

Cooking time, min	
Boil	10
Slice	5
Preparation	5
Mix	5
Chill in the refrigerator	30
25 min - 55 min	

Boil the eggs (4 pcs) for 10 minutes after boiling. Cool and dice.

Dice the red onion (1 small), pickles (100 g), and celery (1 stalk, optional) into small cubes.

Dice the apple (1/2 pc) into small cubes. Drizzle with lemon juice (1/2 pc) to prevent browning.

Drain the liquid from the tuna (360 g). Flake it into pieces.

Mix the tuna, eggs, vegetables, and apple. Optionally, add corn (50-70 g) or replace it with cucumber or avocado.

Add mayonnaise (2 tbsp), wasabi (to taste), or Dijon mustard (1 tsp). Add lemon juice (1/2 pc), salt, and pepper. Mix well.

Optionally, add jalapeño (to taste).

Serve immediately or chill before serving.

Digestion time: 3 hours

Complete protein: ✓

Health benefits
✓ **Improving metabolism:** Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Fructose												
Selenium	57	257	57	257	53	239	105	473	32	144	8	36
Vitamin B12	23	104	23	104	21	95	19	86	18	81	1	5
Vitamin B3	23	104	27	122	21	95	46	207	19	86	1	5
Phosphorus	22	99	22	99	22	99	31	140	16	72	8	36
Vitamin B6	16	72	16	72	11	50	35	158	7	32	1	5
Sodium	13	59	13	59	13	59	25	113	12	54	6	27
Iron	12	54	5	23	3	14	9	41	6	27	2	9
Iodine	10	45	10	45	6	27	16	72	7	32	1	5
Molybdenum	10	45	10	45	9	41	20	90			1	5
Vitamin B7	10	45	10	45	9	41	26	117	1	5	1	5
Vitamin B4 (Choline)	9	41	12	54	11	50	20	90	5	23	2	9
Vitamin B2	8	36	10	45	8	36	18	81	4	18	1	5
Zinc	6	27	8	36	6	27	13	59	1	5	1	5
Vitamin B5	6	27	6	27	5	23	10	45	3	14	1	5
Vitamin D	5	23	5	23	5	23	5	23	1	5	1	5
Lipids, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Cholesterol	55	248	55	248	55	248	219	986			110	495
DHA (Omega-3)	36	162	36	162	60	270	72	324			9	41
Oleic acid (Omega-9)	22	99	27	122	25	113	39	176			31	140
EPA (Omega-3)	14	63	14	63	24	108	36	162			2	9
Arachidonic acid (AA, Omega-6)	8	36	23	104	15	68	46	207			5	23

Mussel salad with beans

Salads



A source of protein and omega-3 fatty acids, this salad promotes heart health and improves metabolism. The combination of mussels, avocado, and beans creates a rich flavor and texture, making it perfect for a light dinner or snack.

Equipment:



Blender



Oven

Servings: 8 (1 serving ≈ 119 grams)

Difficulty: easy

Ingredient		Amount, g
Mussels		200
Avocado	1 pcs	200
Beans	8.3 tbsp	200
Tomato	1 pcs	100
Red onion	1/2 pcs	50
Chili pepper	3.3 tbsp	10
Cilantro		5
Preparation of sauce		
Bulgarian pepper	1 pcs	120
Olive oil	2 tbsp	30
Cilantro		15
Lemon	1/8 pcs	15
Garlic	1 pcs	5
Paprika	1/2 tsp	1.2
Coriander (cilantro seeds)	1/2 tsp	1
Cooking salt	to taste	
Black pepper	to taste	
Yield:		952 g

	100 g
Protein	8.9
Digestible protein	6.3
Fats	7
Fiber	4.1
Net carbs	10.7
Fructose	0.3
Calories	152 kcal
Indexes	
Glycemic index	18.1
Glycemic load	3.9
Insulin index, II	24.2
Inflammatory index, DII	-0.62
Antioxidant, ORAC	3 001

Cooking time, min

Boil	1 h
Boil	3
Bake in the oven	20
Let stand	10
Preparation	5
Blend	5
Slice	10
Mix	5
1 h 58 min	

Boil the beans (1 cup) until soft for 40–60 minutes. Let cool.

Boil the mussels (200 g) in salted water for 2–3 minutes. Let cool.

Roast the green pepper (1 piece) at 220°C for about 20 minutes until charred. Transfer to a closed container for 10 minutes, then peel off the skin and seeds.

Place the flesh of the pepper in a blender. Add olive oil (2 tbsp), lemon juice (1 tbsp), garlic (1 clove), coriander (1/2 tsp), paprika (1/2 tsp), salt, and black pepper. Add most of the cilantro (a bunch) and blend until smooth sauce.

Dice the avocado (1 piece). Dice the tomato (1 piece), removing excess liquid. Slice the red onion (1/2 piece) into thin half-rings. Finely chop the hot pepper (1 piece).

Combine the beans, mussels, avocado, tomato, onion, hot pepper, and remaining cilantro. Add the dressing and mix well. Serve immediately after preparation.

For a more keto-friendly version, reduce the amount of beans and add more avocado or mussels.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Iodine

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
Vitamin U													1	1		1	1	
Fructose																		
Vitamin B12	88	105		88	105		81	96		75	89		70	83		1	1	
Vanadium	32	38		32	38		32	38		95	113					9	11	
Iron	27	32		12	14		8	10		22	26		14	17		4	5	
Phosphorus	22	26		22	26		22	26		31	37		15	18		8	10	
Selenium	16	19		16	19		14	17		29	35		9	11		2	2	
Vitamin B6	16	19		16	19		11	13		35	42		7	8		1	1	
Iodine	16	19		16	19		11	13		26	31		12	14		2	2	
Vitamin C	14	17		17	20		15	18		52	62		3	4		1	1	
Copper	13	15		13	15		11	13		26	31		8	10		4	5	
Potassium	13	15		17	20		15	18		19	23		11	13		9	11	
Vitamin K	11	13		14	17		14	17		23	27		11	13		3	4	
Prebiotics	11	13		11	13		11	13		22	26					11	13	
Zinc	10	12		14	17		10	12		22	26		2	2		2	2	
Vitamin E	10	12		10	12		10	12		21	25		1	1		1	1	
Vitamin B1	10	12		11	13		9	11		21	25		6	7		1	1	
Magnesium	9	11		12	14		10	12		28	33		6	7		5	6	
Vitamin B5	8	10		8	10		6	7		13	15		4	5		1	1	
Fibers	8	10		12	14		11	13		12	14					8	10	
Boron	8	10		8	10		8	10		16	19					2	2	
Vitamin B2	7	8		8	10		6	7		15	18		3	4		1	1	
Vitamin B9	6	7		6	7		4	5		12	14		6	7		2	2	
Calcium	5	6		5	6		5	6		5	6		5	6		4	5	
Vitamin B3	5	6		6	7		5	6		11	13		4	5		1	1	
Lycopene	5	6		5	6		5	6		11	13					1	1	
Lipids, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
EPA (Omega-3)	19	23		19	23		32	38		47	56					3	4	
DHA (Omega-3)	19	23		19	23		32	38		38	45					5	6	
Oleic acid (Omega-9)	8	10		10	12		9	11		14	17					11	13	
Cholesterol	7	8		7	8		7	8		29	35					15	18	
Arachidonic acid (AA, Omega-6)	6	7		18	21		12	14		36	43					4	5	

Egg dishes

Protein gougères

Egg dishes



A source of high-quality protein and calcium, these gougères have a rich cheesy flavor with a hint of lemon and garlic. Perfect for a snack or as an appetizer on a keto diet.

Equipment:



Mixer



Oven

Difficulty: easy

Ingredient	Amount, g	
Egg white	66	2 pcs
Cheese	50	3.3 tbsp
Lemon	2	1/8 pcs
Garlic powder	1	1/3 tsp

Yield: 119 g

Cooking time, min

Preparation	5
Beat with a mixer	5
Mix dry ingredients	3
Preparation	5
Bake in the oven	15
Let stand	5

33 min - 38 min

	100 g
Protein	17.6
Digestible protein	17.5
Fats	8.4
Fiber	0.3
Net carbs	1.6
Fructose	0
Calories	158 kcal

Indexes

Glycemic index	0.6
Glycemic load	0.2
Insulin index, II	41.9
Inflammatory index, DII	0.03
Antioxidant, ORAC	243

Separate the egg whites (2 pcs) from the yolks. Use a clean and dry bowl. Make sure no yolk gets into the whites.

Add lemon juice (2 g). Whip the whites until stiff, stable peaks form.

Grate semi-hard cheese (50 g) on a coarse grater. Add the cheese and dry garlic (1 g) to the egg whites. Gently fold with a spatula using an upward motion to maintain the airiness of the mixture.

Line a baking sheet with parchment paper. Form small balls or patties. Place the gougères spaced apart from each other.

Bake at 190–200 °C for 10–15 minutes until golden brown. Cool for 5 minutes and serve.

Store in the refrigerator for up to 2 days. Freeze if necessary.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Fructose						
Selenium	55	55	50	101	30	8
Phosphorus	37	37	37	52	26	13
Calcium	31	31	31	31	31	26
Vitamin B2	20	24	19	44	9	1
Vitamin K2	19	26	26	42		8
Probiotics	19	19	19	38		4
Sodium	17	17	17	32	15	8
Vitamin D	17	17	17	17	3	3
Vitamin B7	16	16	13	39	2	1
Zinc	12	17	12	27	3	3
Vitamin B12	8	8	8	7	7	1
Vitamin A	8	10	9	18	5	5
Vitamin B13	8	8	8	25	1	
Chrome	6	9	7	15		1
Iron	5	2	1	4	3	1
Vitamin B8 (Inositol)	5	5	5	11	4	1

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	124	124	124	497		248
Palmitic acid (Saturated)	45	45	45	69		89

Eggs stuffed with shrimp and caviar

Egg dishes



A source of protein, omega-3 fatty acids, and vitamins, this dish supports heart and brain health. The delicate taste of shrimp and vibrant caviar create an exquisite combination, perfectly suited for a festive table.

Servings: 3 (1 serving ≈ 115 grams)
Difficulty: easy

Ingredient	Amount, g	
Egg	150	3 pcs
Shrimp	100	6.7 pcs
Mayonnaise (homemade or sugar-free)	50	2.8 tbsp
Red caviar	30	2 tbsp
Sour cream 30%	10	1.7 tsp
Garlic	5	1 pcs
Dill	to taste	
Yield:	345 g	

Cooking time, min

Boil	10
Slice	5
Mix	5
Chill in the refrigerator	30

20 min - 50 min

	100 g
Protein	13.5
Digestible protein	13.2
Fats	17.7
Fiber	0
Net carbs	1.2
Fructose	0
Calories	220 kcal

Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	27.1
Inflammatory index, DII	0.01
Antioxidant, ORAC	208

Boil the eggs (3 pcs.) hard, cool them down, and peel.

Cut the eggs in half and carefully remove the yolks.

Finely chop the dill (to taste) and mince the garlic (to taste).

In a bowl, mix the sour cream 25% (10 g), mayonnaise (50 g), dill, and garlic until smooth.

Spread the resulting sauce on the egg halves.

Peel and finely chop the shrimp (100 g) or leave them whole if they are small.

Place the shrimp on the eggs.

Add caviar (30 g) on top.

Serve chilled.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Iodine, Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men 100 g	serving	Women 100 g	serving	Pregnant 100 g	serving	Children (4-8 years old) 100 g	serving	Doctor's advice 100 g	serving	Therapeutic dose 100 g	serving
Fructose												
Vitamin B12	52	60	52	60	48	55	44	51	42	48	1	1
Selenium	50	58	50	58	46	53	93	107	28	32	7	8
Vanadium	26	30	26	30	26	30	78	90			8	9
Phosphorus	24	28	24	28	24	28	34	39	17	20	8	9
Iron	22	25	10	12	6	7	17	20	12	14	3	3
Vitamin B7	20	23	20	23	17	20	51	59	2	2	1	1
Vitamin B4 (Choline)	19	22	24	28	23	26	42	48	10	12	5	6
Vitamin B2	15	17	18	21	14	16	33	38	7	8	1	1
Vitamin B5	13	15	13	15	10	12	21	24	6	7	1	1
Iodine	13	15	13	15	9	10	22	25	10	12	2	2
Vitamin E	12	14	12	14	12	14	26	30	2	2	1	1
Sodium	12	14	12	14	12	14	24	28	11	13	6	7
Betaine	11	13	11	13	11	13	44	51	3	3	1	1
Zinc	9	10	12	14	9	10	19	22	2	2	2	2
Magnesium	9	10	12	14	10	12	29	33	6	7	5	6
Calcium	7	8	7	8	7	8	7	8	7	8	6	7
Vitamin B6	7	8	7	8	4	5	14	16	3	3	1	1
Coenzyme Q10	7	8	7	8	7	8	21	24	2	2	1	1

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	330	380	330	380	330	380	1 320	1 518			660	759
DHA (Omega-3)	87	100	87	100	144	166	173	199			22	25
Oleic acid (Omega-9)	41	47	52	60	47	54	74	85			58	67
Arachidonic acid (AA, Omega-6)	19	22	58	67	39	45	116	133			12	14
EPA (Omega-3)	16	18	16	18	26	30	39	45			3	3
Palmitic acid (Saturated)	12	14	12	14	12	14	18	21			24	28
Alpha-linolenic acid (Omega-3)	9	10	13	15	10	12	16	18	7	8	5	6

Egg pancake roll with canned tuna

Egg dishes



A source of protein and healthy fats, this roll combines the rich flavor of tuna with the freshness of tomato. Ideal for maintaining energy and health, it is rich in vitamins and minerals.

Difficulty: easy

Ingredient	Amount, g	
Egg	50	1 pcs
Tuna	30	
Tomato	30	1/4 pcs
Caesar salad	5	1/8 pcs
Mayonnaise (homemade or sugar-free)	5	3/4 tsp
Ghee butter	5	1 tsp
Cooking salt	to taste	
Optional ingredients:		
Coconut milk (unsweetened)	15	1 tbsp
Turmeric	0.2	1/8 tsp
Yield:	125 g	

Cooking time, min

Preparation	5
Fry	5
Preparation	10
20 min	

	100 g
Protein	12.3
Digestible protein	12
Fats	11.1
Fiber	0.4
Net carbs	1.1
Fructose	0.3
Calories	153 kcal

Indexes

Glycemic index	4.2
Glycemic load	0.3
Insulin index, II	24
Inflammatory index, DII	-0.23
Antioxidant, ORAC	332

Break an egg (1 piece), add salt (a pinch), and optionally, a little coconut milk (1 tbsp) and turmeric (on the tip of a knife). Whisk the mixture thoroughly with a whisk.

Heat a pan with clarified butter (1 tsp) or avocado oil. Pour in the egg mixture and fry on both sides until lightly golden brown. Make several such pancakes.

On each pancake, place a lettuce leaf (1 piece), canned tuna (2 tbsp), and finely chopped tomatoes (2 tbsp).

Add a little homemade mayonnaise (1 tsp) or guacamole (1 tsp) to taste.

Carefully roll the pancake into a roll and cut into serving pieces. If desired, secure with toothpicks.

You can make a denser roll by using a slightly thicker egg pancake.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Fructose						
Selenium	53	53	49	97	29	7
Vitamin B12	30	30	28	26	24	1
Phosphorus	23	23	23	32	16	8
Vitamin B7	22	22	19	54	3	1
Vitamin B3	17	19	15	33	13	1
Vitamin A	17	22	20	39	10	10
Vitamin B4 (Choline)	16	21	20	36	9	4
Vitamin B6	15	15	10	33	7	1
Iron	14	6	4	11	8	2
Vitamin B2	14	16	13	30	6	1
Lycopene	14	14	14	27		3
Iodine	12	12	8	19	9	2
Vitamin B5	10	10	8	17	5	1
Molybdenum	10	10	9	21		1
Zinc	7	10	7	16	2	2
Sodium	7	7	7	14	7	3
Coenzyme Q10	7	7	7	22	2	1
Potassium	5	7	6	7	4	3
Vitamin K	5	6	6	10	5	1
Vitamin E	5	5	5	12	1	1

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	126	126	126	506		253
Oleic acid (Omega-9)	38	47	43	68		53
Palmitic acid (Saturated)	18	18	18	27		35
DHA (Omega-3)	17	17	28	34		4
Arachidonic acid (AA, Omega-6)	15	44	29	88		9
Stearic acid (Saturated)	10	12	12	17		25
EPA (Omega-3)	7	7	12	18		1

Offal dishes

Liver pancakes

Offal dishes



A source of high-quality protein and B vitamins, liver pancakes support liver health and the immune system. The delicate taste and aroma of spices make them a great addition to any diet.

Equipment:



Blender

Servings: 2 (1 serving ≈ 155 grams)

Difficulty: easy

Ingredient		Amount, g	
Chicken liver	200	8 pcs	
Egg	50	1 pcs	
Milk	50	3.3 tbsp	
Ghee butter	5	1 tsp	
Cooking salt	2	1/3 tsp	
Khmeli-suneli	2	1/3 tsp	
Yield:		309 g	

Cooking time, min

Preparation 10

Blend 3

Heat on the stove 5

Fry 12

30 min

	100 g
Protein	18.8
Digestible protein	17.8
Fats	7.2
Fiber	0.2
Net carbs	1.1
Calories	153 kcal

Indexes

Glycemic index	4.4
Glycemic load	0.8
Insulin index, II	38.1
Inflammatory index, DII	0.04
Antioxidant, ORAC	666

Rinse the chicken liver (200 g). Remove the veins and excess membranes. Transfer the liver to a blender bowl. Add the egg (1 piece), milk (50 g), salt (2 g), and khmeli-suneli (2 g). Blend the mixture until smooth.

Heat a frying pan over medium heat. If necessary, grease with a small amount of oil (5 g) to prevent the pancakes from sticking.

Drop the mixture by spoonfuls, forming small pancakes. Fry for 2–3 minutes on one side until golden brown. Flip and cook for another 2–3 minutes until fully cooked.

Serve hot. Optionally, add sour cream or keto sauce.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Vitamin A	599	928	771	1 195	701	1 087	1 349	2 091	360	558	360	558
Copper	404	626	404	626	363	563	825	1 279	242	375	121	188
Vitamin B12	365	566	365	566	337	522	313	485	292	453	1	2
Vitamin B7	112	174	112	174	96	149	281	436	13	20	1	2
Molybdenum	101	157	101	157	91	141	206	319			9	14
Vitamin B2	91	141	107	166	84	130	196	304	39	60	2	3
Selenium	79	122	79	122	73	113	145	225	44	68	11	17
Iron	77	119	34	53	23	36	61	95	41	64	12	19
Vitamin B9	71	110	71	110	47	73	142	220	71	110	28	43
Vitamin B5	71	110	71	110	59	91	119	184	36	56	4	6
Vitamin B6	41	64	41	64	28	43	89	138	18	28	1	2
Vitamin B13	38	59	38	59	38	59	115	178	4	6		
Phosphorus	34	53	34	53	34	53	48	74	24	37	12	19
Vitamin B3	32	50	36	56	28	43	63	98	25	39	1	2
Vitamin B4 (Choline)	31	48	41	64	38	59	69	107	17	26	9	14
Zinc	26	40	36	56	26	40	58	90	6	9	6	9
Chlorine	18	28	18	28	18	28	22	34	18	28	5	8
Vitamin B1	15	23	16	25	13	20	30	47	9	14	1	2
Vitamin C	14	22	16	25	14	22	49	76	2	3	1	2
Sodium	14	22	14	22	14	22	27	42	13	20	7	11
Betaine	9	14	9	14	9	14	36	56	2	3	1	2
Manganese	8	12	10	16	9	14	12	19	8	12	4	6
Coenzyme Q10	8	12	8	12	8	12	25	39	2	3	1	2
Potassium	6	9	8	12	7	11	9	14	5	8	4	6
Vitamin K2	6	9	8	12	8	12	13	20			2	3
Sulfur	6	9	8	12	8	12	12	19			2	3
Magnesium	5	8	6	9	5	8	15	23	3	5	2	3
Iodine	5	8	5	8	3	5	8	12	3	5	1	2

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	1 116	1 730	1 116	1 730	1 116	1 730	4 465	6 921			2 233	3 461
Arachidonic acid (AA, Omega-6)	29	45	87	135	58	90	175	271			17	26
Palmitic acid (Saturated)	26	40	26	40	26	40	41	64			53	82
Oleic acid (Omega-9)	16	25	20	31	18	28	29	45			22	34
Stearic acid (Saturated)	7	11	8	12	8	12	11	17			17	26

Boiled heart

Offal dishes



Beef heart, a source of protein and iron, supports cardiovascular health and promotes improved blood formation. Its tender taste and texture make it an excellent addition to various dishes.

Servings: 4 (1 serving ≈ 253 grams)
Difficulty: easy

Ingredient	Amount, g	
Beef heart	1000	1 pcs
Cooking salt	10	1.7 tsp
Yield:	1 010 g	

Cooking time, min

Preparation	10
Slice	5
Bring to a boil	10
Boil	3 h
Let stand	30
3 h 55 min	

	100 g
Protein	25.7
Digestible protein	24.5
Fats	4
Fiber	0
Net carbs	0
Calories	151 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	54.5
Inflammatory index, DII	0
Antioxidant, ORAC	297

Defrost the beef or pork heart (1 piece).

Trim excess fat, membranes, and large vessels. Cut the heart into 3-4 pieces. Place the heart in a pot, cover with water (4 liters), and add salt (10 g).

Bring to a boil. Skim off the foam. Cover the pot with a lid. Cook the heart on low heat for 2.5-3 hours until it becomes tender.

Cool the heart directly in the broth. This will keep it juicier.

Remove the heart from the broth. Slice it or use it for salads, appetizers, and hot dishes.

Store the cooked heart in the refrigerator for up to 3 days. Freeze any leftovers in portions.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %

Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Vitamin B12	177	448	177	448	164	415	152	385	142	359	1	3
Iron	48	121	21	53	14	35	38	96	26	66	8	20
Vitamin B2	48	121	57	144	45	114	104	263	21	53	1	3
Vitamin B3	37	94	42	106	33	83	74	187	29	73	1	3
Selenium	34	86	34	86	31	78	62	157	19	48	5	13
Copper	34	86	34	86	30	76	69	175	20	51	10	25
Phosphorus	27	68	27	68	27	68	38	96	19	48	9	23
Coenzyme Q10	26	66	26	66	26	66	78	197	8	20	1	3
Zinc	23	58	31	78	23	58	50	127	5	13	5	13
Chlorine	23	58	23	58	23	58	28	71	23	58	6	15
Sodium	19	48	19	48	19	48	36	91	17	43	9	23
Vitamin B1	15	38	16	40	13	33	30	76	9	23	1	3
Vitamin B6	14	35	14	35	9	23	30	76	6	15	1	3
Vitamin B5	11	28	11	28	9	23	18	46	5	13	1	3
L-carnitine	10	25	19	48	10	25	48	121	5	13	2	5
Vitamin B4 (Choline)	8	20	10	25	10	25	18	46	4	10	2	5
Potassium	8	20	11	28	10	25	12	30	7	18	6	15
Glutathione	6	15	6	15	12	30	25	63	2	5	1	3

Lipids, %

Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	120	304	120	304	120	304	479	1 212			240	607
Arachidonic acid (AA, Omega-6)	34	86	101	256	67	170	202	511			20	51
Palmitic acid (Saturated)	12	30	12	30	12	30	19	48			25	63
Oleic acid (Omega-9)	7	18	9	23	8	20	13	33			10	25

Fried chicken liver with spinach

Offal dishes



A source of iron and B vitamins, this dish supports blood and nervous system health. Spinach adds antioxidants, while soy sauce gives it a rich flavor, making it ideal for a keto diet.

Servings: 4 (1 serving ≈ 154 grams)
Difficulty: easy

Ingredient	Amount, g	
Chicken liver	300	
Onion	120	1 pcs
Spinach	100	
Soy sauce (sugar-free)	60	4 tbsp
Ghee butter	30	2 tbsp
Garlic	5	1 pcs
Cumin	0.3	1/8 tsp
White pepper	0.3	1/8 tsp
Yield:	616 g	

Cooking time, min

Preparation	10
Slice	5
Heat on the stove	2
Fry	1
Fry	5
Fry	1
Fry	1
Fry	1
26 min	

	100 g
Protein	13.9
Digestible protein	11.5
Fats	7.9
Fiber	0.7
Net carbs	2.6
Fructose	0.1
Calories	143 kcal
Indexes	
Glycemic index	4.4
Glycemic load	0.2
Insulin index, II	27.2
Inflammatory index, DII	-0.16
Antioxidant, ORAC	1 358

Rinse the chicken liver (300 g). Remove the membranes. Make deep diamond-shaped cuts.

Rinse the spinach (100 g). Cut into thin strips. Slice the onion (1 piece) into feathers. Mince the garlic (1 clove).

Heat clarified butter or regular butter (2 tbsp) in a wok or large skillet over high heat.

Sauté the garlic for 10–15 seconds until fragrant.

Add the liver. Add white pepper (a pinch) and cumin (a pinch), previously crushed between your palms. Sauté for about 5 minutes, stirring constantly.

Cook the liver in batches if the skillet is small. It should be fried, not stewed.

Add the onion. Cook for 1 minute.

Add the spinach. Stir and cook for another 1 minute.

Pour in the soy sauce (4 tbsp). Stir quickly. Evaporate excess liquid for 30–40 seconds.

If desired, add oyster sauce (1 tbsp). In this amount, it is not critical for keto.

Remove from heat and serve immediately.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Fructose												
Vitamin U									2	3	1	2
Vitamin A	466	718	599	922	544	838	1 048	1 614	279	430	279	430
Copper	303	467	303	467	273	420	620	955	182	280	91	140
Vitamin B12	269	414	269	414	249	383	231	356	215	331	1	2
Vitamin B7	78	120	78	120	67	103	195	300	9	14	1	2
Molybdenum	77	119	77	119	69	106	157	242			7	11
Vitamin B2	67	103	79	122	62	95	145	223	29	45	2	3
Iron	62	95	28	43	18	28	50	77	33	51	10	15
Vitamin B9	59	91	59	91	40	62	119	183	59	91	24	37
Selenium	53	82	53	82	49	75	98	151	29	45	7	11
Vitamin K	52	80	70	108	70	108	114	176	52	80	13	20
Vitamin B5	51	79	51	79	43	66	85	131	26	40	3	5
Vitamin B6	33	51	33	51	23	35	72	111	14	22	1	2
Sodium	26	40	26	40	26	40	50	77	24	37	12	18
Vitamin B13	26	40	26	40	26	40	77	119	3	5		
Vitamin B3	25	39	29	45	22	34	50	77	20	31	1	2
Phosphorus	23	35	23	35	23	35	32	49	16	25	8	12
Vitamin B4 (Choline)	20	31	26	40	24	37	44	68	11	17	5	8
Zinc	19	29	26	40	19	29	42	65	4	6	4	6
Chlorophyll	17	26	17	26	17	26	51	79			17	26
Vitamin C	15	23	18	28	16	25	54	83	3	5	1	2
Manganese	14	22	18	28	16	25	21	32	14	22	6	9
Lutein	14	22	14	22	14	22	23	35			3	5
Vitamin B1	13	20	14	22	11	17	25	39	8	12	1	2
Betaine	11	17	11	17	11	17	43	66	3	5	1	2
GABA	9	14	9	14	9	14	44	68	9	14	3	5
Potassium	8	12	11	17	10	15	12	18	7	11	6	9
Magnesium	7	11	9	14	8	12	22	34	5	8	4	6
Sulfur	6	9	8	12	8	12	13	20			2	3
Vitamin E	5	8	5	8	5	8	10	15	1	2	1	2
Lipids, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Cholesterol	856	1 318	856	1 318	856	1 318	3 426	5 276			1 713	2 638
Palmitic acid (Saturated)	27	42	27	42	27	42	41	63			53	82
Arachidonic acid (AA, Omega-6)	18	28	53	82	35	54	105	162			11	17
Stearic acid (Saturated)	14	22	18	28	18	28	23	35			35	54
Oleic acid (Omega-9)	7	11	9	14	8	12	13	20			10	15

Creams and fillings

Truffle cream

Creams and fillings



A source of antioxidants and healthy fats, this cream has a rich chocolate flavor with a hint of sweetness. Ideal for a keto diet, it supports energy levels and enhances mood.

Equipment:



Blender



Mixer

Difficulty: easy

Ingredient	Amount, g	
85% chocolate	80	6.7 tbsp
Milk	60	4 tbsp
Erythritol	50	3.3 tbsp
Butter	40	2.7 tbsp
Egg yolk	20	1.2 pcs
Cooking salt	0.5	1/8 tsp

Optional ingredients:

Cognac	10	2 tsp
Yield:	251 g	

Cooking time, min

Mix dry ingredients	5
Heat on the stove	5
Reduce	5
Let stand	10
Mix	2
Let stand	10
Blend	5
Chill in the refrigerator	8 h
Beat with a mixer	1

8 h 33 min - 8 h 43 min

	100 g
Protein	4.8
Digestible protein	2.1
Fats	32.6
Fiber	0.6
Net carbs	5.1
Calories	343 kcal
Indexes	
Glycemic index	13.5
Glycemic load	5.3
Insulin index, II	18.7
Inflammatory index, DII	-0.14
Antioxidant, ORAC	6 840

Mix milk (60 g), egg yolk (20 g), sweetener (50 g), and salt (0.5 g) in a small saucepan.

Heat the mixture over low heat for 3–5 minutes, stirring constantly. Do not bring to a boil.

Reduce the mixture until slightly thickened. Let it sit to cool slightly.

Add butter (82%) (40 g) and stir until dissolved. Add finely chopped chocolate (77–99%) (80 g).

If using cognac or whiskey, wait until the mixture is warm and add it (10 g).

Blend the mixture with an immersion blender until smooth and glossy.

Pour the warm cream into a clean, dry container. Cover with plastic wrap directly on the surface. Place the cream in the refrigerator for at least 8 hours.

Whip the fully chilled cream with a mixer for 30–60 seconds until homogeneous in texture.

Use the cream for layering or decorating a cake.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iron	45	20	13	36	24	7
Phosphorus	20	20	20	28	14	7
Copper	17	17	15	34	10	5
Magnesium	16	22	19	53	11	9
Zinc	11	15	11	24	2	2
Vitamin A	10	13	12	23	6	6
Manganese	9	12	11	14	9	4
Selenium	8	8	7	15	4	1
Potassium	7	10	9	11	6	5
Vitamin B7	7	7	6	17	1	1
Vitamin B13	7	7	7	22	1	
Calcium	6	6	6	6	6	5
Vitamin B2	6	7	5	13	3	1
Vitamin B12	6	6	5	5	4	1
Vitamin E	5	5	5	10	1	1
Chlorine	5	5	5	6	5	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	188	188	188	751		376
Palmitic acid (Saturated)	80	80	80	123		159
Stearic acid (Saturated)	76	95	95	126		189
Linoleic acid (Omega-6)	14	20	18	34		40
Arachidonic acid (AA, Omega-6)	10	30	20	60		6

Marzipan filling

Creams and fillings



A source of healthy fats and fiber, this dessert has a low glycemic index thanks to erythritol and soluble fibers. Tasty and aromatic, it is perfect for a keto diet.

Difficulty: easy

Vegan dishes

Ingredient	Amount, g	
Almond flour	25	2.1 tbsp
Lemon	10	1/8 pcs
Soluble corn fibers	5	
Erythritol	4	3/4 tsp
Almond flavoring	0.1	
Yield:	44 g	

Cooking time, min

Mix	5
Knead the dough	5
Freeze	2 h
2 h 10 min	

	100 g
Protein	13.3
Digestible protein	6.9
Fats	31.2
Fiber	6.9
Net carbs	9.4
Fructose	0.2
Calories	403 kcal

Indexes

Glycemic index	14.7
Glycemic load	2.1
Insulin index, II	12.5
Inflammatory index, DII	-0.41
Antioxidant, ORAC	2 865

Mix almond flour (25 g) and soluble corn fibers (5 g) until smooth.

Soluble corn fibers can be replaced with allulose (10 g), previously dissolved in juice, or chicory syrup (10 g).

Add lemon, orange, or mandarin juice or water (10 g).

Stir in powdered sweetener (3–4 g) and mix thoroughly.

Add almond flavoring (2–3 drops) and knead into a dense, pliable mass.

Amaretto (3–5 g) can be used instead of flavoring, reducing the amount of liquid by the same value.

Place the mass on plastic wrap, shape it into a log, and wrap tightly.

Put the marzipan in the freezer for 2 hours until completely set.

Digestion time: 2 hours

Health benefits

✓ Improving metabolism: Fats

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Fructose						
Vitamin E	97	97	97	208	15	5
Copper	72	72	65	147	43	22
Manganese	57	73	66	87	57	26
Boron	53	53	53	107		16
Vitamin B2	44	52	41	96	19	1
Fibers	43	65	58	65		40
Phosphorus	39	39	39	55	28	14
Magnesium	37	48	43	119	26	19
Iron	31	14	9	25	16	5
Zinc	17	24	17	38	4	4
Calcium	16	16	16	16	16	13
Potassium	13	17	15	19	11	9
Vitamin B3	13	15	12	26	10	1
Vitamin C	13	16	14	48	2	1
Prebiotics	11	11	11	23		11
Vitamin B1	10	11	9	21	6	1
Vitamin B9	8	8	5	15	8	3
Vitamin B7	8	8	6	19	1	1
Vitamin B6	7	7	5	15	3	1
Vitamin B4 (Choline)	6	7	7	12	3	2
Vitamin B5	6	6	5	10	3	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Linoleic acid (Omega-6)	40	57	52	97		113
Oleic acid (Omega-9)	34	43	39	62		48
Alpha-linolenic acid (Omega-3)	7	11	9	13	6	4

Protein cap for Easter cake

Creams and fillings



A source of high-quality protein and low glycemic index, this dessert is perfect for maintaining muscle mass and controlling blood sugar levels. The sweetness of erythritol and the slight tartness of citric acid give it a pleasant taste.

Equipment:



Mixer

Difficulty: easy

Ingredient	Amount, g	
Casein	50	4.2 tbsp
Egg white	30	1 pcs
Water	20	1.3 tbsp
Erythritol	20	1.3 tbsp
Milk	20	1.3 tbsp
Gelatin 	4	1.3 tsp
Cooking salt	1	1/8 tsp
Citric acid 	1	1/8 tsp
Yield:	146 g	

Cooking time, min

Let stand	25
Heat on the stove	5
Mix dry ingredients	5
Mix	5
Heat on the stove	5
Beat with a mixer	10
Preparation	5
1 h	

	100 g
Protein	32.8
Digestible protein	30.6
Fats	0.5
Fiber	0
Net carbs	2.5
Calories	145 kcal
Indexes	
Glycemic index	3.7
Glycemic load	0.6
Insulin index, II	30.1
Inflammatory index, DII	0.03
Antioxidant, ORAC	137

Soak the gelatin (4 g) in cool water (20 g). Leave for 20–25 minutes until fully swollen.

Heat the swollen gelatin by any convenient method until completely dissolved. Do not boil.

Mix salt (a pinch), citric acid (a pinch), and xanthan gum (0.2 g).

Heat the milk (20 g) until hot. Dissolve erythritol (20 g) in it.

Combine the hot sweet milk with the melted gelatin.

Add the mixture to the protein or casein (50 g). Mix thoroughly until a thick homogeneous mass without lumps is obtained.

Whip the egg white (30 g) to stiff peaks.

Use egg whites at room temperature. Instead of raw egg whites, it is permissible to use albumin (1 g of albumin + 8 g of water = 10 g of protein). For a more airy texture, double the amount of egg whites and also double the gum.

During whipping, add the mixture with gum, citric acid, and salt.

Add the protein mass to the whipped egg whites in portions. Continue whipping until homogeneous. The mass will become denser and lose some volume.

Apply the protein cap to the completely cooled kulich immediately after preparation.

Substitution options

- Gelatin:** Agar-agar - 1 g of gelatin is equivalent to 0.4 g of agar. Agar sets at room temperature and does not melt until 80 °C, so the soufflé will be denser. For creams, add agar to hot liquid and boil for 1 minute.
- Citric acid:** Lemon - 6 tsp of lemon juice is equivalent to 1 g of acid. The juice provides not only acidity but also a citrus aroma. For curdling milk, use cold juice; for marinades, heat for 1 minute to deactivate the enzymes.

Digestion time: 7 hours

Complete protein: ✓

Health benefits
✓ **Improving metabolism:** Protein

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Collagen	93	93	93	93	47	16
Calcium	50	50	50	50	50	42
Phosphorus	27	27	27	38	19	9
Selenium	24	24	22	44	13	3
Chlorine	18	18	18	21	18	5
Sodium	14	14	14	27	13	6
Zinc	8	11	8	17	2	2
Vitamin B7	7	7	6	17	1	1
Vitamin B13	7	7	7	21	1	
Vitamin B2	6	7	6	13	3	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	39	39	39	156		78

Soups

Tomato soup with shrimp or langoustines

● Soups



A source of protein and omega-3 fatty acids, this soup supports heart and brain health. Rich in tomatoes and cream, it has a rich flavor and creamy texture, perfect for warming up in cold weather.

Equipment:



Blender

Servings: 2 (1 serving ≈ 1245 grams)

Difficulty: easy

Ingredient	Amount, g	
Langoustines	1000	
Water	800	
Tomato	300	3 pcs
Onion	120	1 pcs
Dry white wine	100	6.7 tbsp
Cream 20% fat content	100	
Butter	50	3.3 tbsp
Olive oil	15	1 tbsp
Parsley	5	
Bay leaf	0.3	1 pcs
Cooking salt	to taste	
Black pepper	to taste	
Yield:	2 490 g	

	100 g
Protein	8.3
Digestible protein	8
Fats	3.4
Fiber	0.2
Net carbs	0.9
Fructose	0.2
Calories	75 kcal
Indexes	
Glycemic index	3.7
Glycemic load	0.2
Insulin index, II	15.6
Inflammatory index, DII	-0.24
Antioxidant, ORAC	391

Cooking time, min	
Preparation	10
Slice	10
Fry	5
Boil	30
Preparation	5
Boil	15
Blend	5
Let stand	5
Heat on the stove	5
Preparation	5
1 h 35 min	

Clean the shrimp or langoustines (1 kg). Remove the intestines. Separate the tails and place them in the refrigerator. Dry the shells and heads.

Cut the onion (1 piece) into large pieces. Prepare the tomatoes (300 g): peel and chop them.

Heat olive oil (1 tbsp) in a pot. Add butter (50 g). Melt it. Add the shells and heads. Sauté for 3–5 minutes until fragrant.

Pour in water (800 ml). Add a bay leaf (1 piece), parsley (a few sprigs), onion, and salt (to taste). Pour in white wine (100 ml). Simmer gently for 30 minutes.

Strain the broth through a sieve. Squeeze the shells and vegetables well. Return the liquid to the pot.

Add the tomatoes. Cook for 10–15 minutes to reduce the soup slightly.

Blend the soup until smooth.

Add the shrimp tails. Remove from heat. Let sit for 4–5 minutes to cook in the hot broth.

Pour in cream (100 g). Stir. Heat without boiling and remove from heat.

Serve, seasoned with black pepper (to taste) and garnished with herbs.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Iodine, Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Fructose												
Iodine	114	1 419	114	1 419	78	971	190	2 366	85	1 058	17	212
Copper	64	797	64	797	58	722	132	1 643	39	486	19	237
Selenium	48	598	48	598	44	548	88	1 096	26	324	7	87
Zinc	14	174	19	237	14	174	30	374	3	37	3	37
Phosphorus	11	137	11	137	11	137	15	187	7	87	4	50
Vitamin B12	11	137	11	137	10	125	9	112	9	112	1	12
Vitamin E	10	125	10	125	10	125	21	261	1	12	1	12
Sodium	8	100	8	100	8	100	15	187	7	87	4	50
Lycopene	6	75	6	75	6	75	12	149			1	12
Calcium	5	62	5	62	5	62	5	62	5	62	4	50
Vitamin B3	5	62	6	75	5	62	10	125	4	50	1	12
Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	50	623	50	623	50	623	198	2 465			99	1 233
DHA (Omega-3)	42	523	42	523	70	872	84	1 046			10	125
EPA (Omega-3)	21	261	21	261	35	436	52	647			3	37
Palmitic acid (Saturated)	5	62	5	62	5	62	8	100			10	125

Soup with mung bean sprouts, daikon, seaweed, and tofu

● Soups



A source of plant protein and fiber, this soup supports gut health and the immune system thanks to its richness in vitamins and minerals. The unique combination of marine and plant ingredients gives the dish a rich flavor and aroma. Ideal for vegetarians and those looking for a light yet nutritious meal.

Servings: 4 (1 serving ≈ 237 grams)

Difficulty: easy

Vegan dishes

Ingredient	Amount, g	
Water	600	
Pressed tofu	100	
Mash	80	
Radish	60	1/8 pcs
Broccoli	60	1/8 pcs
Miso paste [👉]	18	1 tbsp
Ghee butter	15	1 tbsp
Mustard (without sugar)	10	1.7 tsp
Dried seaweed	5	
Allspice	0.4	1/8 tsp
Curry	0.3	1/8 tsp
Coriander (cilantro seeds)	0.3	1/8 tsp
Soy sauce (sugar-free)	to taste	
Optional ingredients:		
Nori	to taste	
Yield:	949 g	

	100 g
Protein	4.2
Digestible protein	3.1
Fats	2.7
Fiber	2.5
Net carbs	4.2
Fructose	0
Calories	68 kcal
Indexes	
Glycemic index	6
Glycemic load	1.2
Insulin index, II	12.2
Inflammatory index, DII	-0.06
Antioxidant, ORAC	885

Cooking time, min

Let stand	1 h
Boil	10
Slice	10
Heat on the stove	5
Boil	5
Fry	5
Boil	5
1 h 40 min	

Soak the dried seaweed (5 g) according to the instructions on the package. This usually takes about an hour. After that, rinse, boil for 10 minutes, then pour cold water over it and strain.

Cut the seaweed into convenient pieces.

Next, dice the daikon or radish (60 g), and break the broccoli (60 g) into small florets. Also, cube the tofu (100 g).

Pour 600 ml of water into a pot and bring it to a boil.

Add the daikon and allspice (2 pieces), and boil for 5 minutes. Then add the broccoli and sprouted mung beans (80 g), and continue to boil for another 5 minutes.

While the vegetables are boiling, heat a pan and add ghee (1-2 tbsp.) to it. Then add coriander and curry (a pinch of each), and then add the diced tofu.

Mix well and cook for a few minutes, adding a little soy sauce (to taste).

When the broccoli and mung beans are ready, add the seaweed and sautéed tofu to the pot.

In a small bowl, pour a bit of broth and dissolve the miso paste (1 tbsp.) in it. Add this mixture to the soup in small portions, being careful not to oversalt.

Stir, heat for a few minutes, and adjust the taste if necessary by adding more miso paste or soy sauce.

Before serving, the finished soup can be sprinkled with finely chopped herbs or nori seaweed.

Substitution options

- **Miso paste:** Tahini - Plus soy sauce (one to one). Soy sauce provides a salty-umami base, while tahini adds a distinctive fermented nutty depth. The mixture is slightly thinner than miso — this is not important in soups, but in glazes, reduce the other liquids by 5%.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

- ✓ **Improving metabolism:** Iodine

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Vitamin U									1	2	1	2
Fructose												
Iodine	33	78	33	78	22	52	55	130	25	59	5	12
Manganese	12	28	15	36	13	31	18	43	12	28	5	12
Copper	11	26	11	26	10	24	23	55	7	17	3	7
Iron	11	26	5	12	3	7	9	21	6	14	2	5
Calcium	8	19	8	19	8	19	8	19	8	19	7	17
Vitamin B9	8	19	8	19	6	14	17	40	8	19	3	7
Phosphorus	7	17	7	17	7	17	10	24	5	12	2	5
Vitamin K	7	17	10	24	10	24	16	38	7	17	2	5
Magnesium	5	12	6	14	6	14	16	38	3	7	3	7
Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	17	40	17	40	17	40	68	161			34	81
Palmitic acid (Saturated)	5	12	5	12	5	12	8	19			10	24

Spice blends

Aroma blend for appetite control (for diffuser)

● Spice blends



Source of natural aromas that help reduce appetite and improve mood. It has a refreshing citrus flavor with spicy notes, making it perfect for creating a cozy atmosphere.

Servings: 8 (1 serving ≈ 8 grams)

Ingredient	Amount, g
Orange Essential Oil (<i>Citrus sinensis</i>)	30
Bergamot essential oil (<i>Citrus bergamia</i>)	15
Marjoram essential oil (<i>Origanum majorana</i>)	15
Yield:	60 g

Cooking time, min

Mix	5
	5 min

Mix 15 drops of bergamot essential oil, 30 drops of orange essential oil, and 15 drops of marjoram essential oil until homogeneous.

Add 8 drops of the prepared mixture to the diffuser.

Diffuse the aroma in the room for no more than 30 minutes a day during moments of stress and cravings for sweets.

Contraindications: pregnancy, breastfeeding period.

Health benefits

✓ **Improving metabolism:** Fats

Aromatherapy blend for normalizing the nervous system (for diffuser)

● Spice blends



A source of calming properties, bergamot and mandarin essential oils help reduce stress and anxiety, while marjoram promotes relaxation. The aromatic blend has a sweet and citrusy flavor, making it perfect for creating a cozy atmosphere.

Servings: 6 (1 serving ≈ 10 grams)

Ingredient	Amount, g
Bergamot essential oil (Citrus bergamia)	15
Mandarin essential oil (Citrus reticulata)	30
Marjoram essential oil (Origanum majorana)	15
Yield:	60 g

Cooking time, min

Mix	5
	5 min

Mix 15 drops of bergamot essential oil, 30 drops of mandarin essential oil, and 15 drops of marjoram essential oil until homogeneous.

Drop the finished mixture into the diffuser in an amount of 8–10 drops.

Turn on the diffuser and diffuse the aroma for no more than 30 minutes a day.

Do not use the diffuser in a room where children under 3 years old are present.

Health benefits

✓ **Improving metabolism:** Fats

Sandwiches and canapés

Tuna sandwich with cucumber and egg

 Sandwiches and canapés



A source of protein, omega-3 fatty acids, and vitamins, this sandwich supports heart and brain health. Fresh cucumbers and lettuce add a crunchy texture and refreshing taste, making it perfect for a light snack.

Servings: 2 (1 serving $\approx$ 190 grams)
Difficulty: easy

Ingredient	Amount, g	
Egg	100	2 pcs
Tuna	100	
Flax bread	100	
Cream cheese	30	
Cucumbers	30	1/8 pcs
Lettuce	20	1/8 pcs
Himalayan salt	to taste	
Garlic powder	to taste	
Basil	to taste	
Black pepper	to taste	
Yield:	380 g	

Cooking time, min

Fry	5
Preparation	5
Slice	5
Preparation	5
Bring to a boil	5
Boil	4
Let stand	2
Preparation	5

36 min

	100 g
Protein	15.8
Digestible protein	13.8
Fats	10.5
Fiber	2.6
Net carbs	1.5
Fructose	0
Calories	164 kcal
Indexes	
Glycemic index	5.7
Glycemic load	0.2
Insulin index, II	19.6
Inflammatory index, DII	-0.15
Antioxidant, ORAC	2 042

Dry out the keto bread or almond bread (2 slices) in a dry skillet until crispy.

Spread low-fat cream cheese (2 tbsp) on the bread.

Slice a fresh cucumber (to taste) into thin rounds. Place the cucumber on the bread. Add a few leaves of romaine lettuce.

Gently mash canned tuna (100 g), draining the liquid first. Place the tuna on top of the salad.

Poached Egg in Plastic Wrap

Cut a piece of plastic wrap about 20×20 cm. Grease the center of the wrap with a drop of oil. Place the wrap in a cup so that the edges hang over.

Carefully crack an egg (2 eggs — one for each sandwich) into the center of the wrap. Gather the edges of the wrap into a pouch and tie it with a knot. Submerge the pouch in boiling water.

Cook for 3–4 minutes to the desired doneness of the yolk.

Remove the eggs and let them cool slightly. Remove the wrap.

Place the poached egg on top of the tuna. Sprinkle with salt, dried garlic, black pepper, and basil to taste.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Selenium

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Fructose												
Phytoestrogens	1 333	2 533	800	1 520	800	1 520	20 000	38 000	800	1 520	133	253
Selenium	55	105	55	105	50	95	101	192	30	57	8	15
Phosphorus	29	55	29	55	29	55	41	78	20	38	10	19
Vitamin B12	19	36	19	36	18	34	17	32	16	30	1	2
Iron	18	34	8	15	5	10	14	27	10	19	3	6
Prebiotics	18	34	18	34	18	34	36	68			18	34
Vitamin B3	17	32	19	36	15	29	33	63	13	25	1	2
Vitamin B7	17	32	17	32	14	27	42	80	2	4	1	2
Vitamin B6	14	27	14	27	10	19	30	57	6	11	1	2
Vitamin B4 (Choline)	13	25	17	32	16	30	28	53	7	13	4	8
Copper	12	23	12	23	11	21	24	46	7	13	4	8
Vitamin B2	12	23	14	27	11	21	26	49	5	10	1	2
Sodium	12	23	12	23	12	23	22	42	11	21	5	10
Manganese	10	19	13	25	11	21	15	29	10	19	5	10
Zinc	10	19	13	25	10	19	21	40	2	4	2	4
Magnesium	10	19	13	25	12	23	32	61	7	13	5	10
Vitamin B5	10	19	10	19	9	17	17	32	5	10	1	2
Chlorine	10	19	10	19	10	19	12	23	10	19	3	6
Iodine	9	17	9	17	6	11	15	29	7	13	1	2
Vitamin E	6	11	6	11	6	11	14	27	1	2	1	2
Coenzyme Q10	6	11	6	11	6	11	18	34	2	4	1	2
Molybdenum	6	11	6	11	6	11	13	25			1	2
Fibers	6	11	9	17	8	15	9	17			6	11
Potassium	5	10	7	13	6	11	8	15	5	10	4	8
Calcium	5	10	5	10	5	10	5	10	5	10	4	8
Vitamin B1	5	10	5	10	4	8	9	17	3	6	1	2
Lipids, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Alpha-linolenic acid (Omega-3)	117	222	170	323	134	255	208	395	94	179	62	118
Cholesterol	78	148	78	148	78	148	313	595			157	298
Oleic acid (Omega-9)	40	76	51	97	46	87	72	137			56	106
DHA (Omega-3)	24	46	24	46	39	74	47	89			6	11
Arachidonic acid (AA, Omega-6)	12	23	37	70	24	46	73	139			7	13
EPA (Omega-3)	9	17	9	17	16	30	24	46			2	4
Palmitic acid (Saturated)	7	13	7	13	7	13	11	21			14	27

Porridges and side dishes

Pumpkin seed urbech

Porridges and side dishes



A source of healthy fats and magnesium, pumpkin seed urbech helps improve heart function and supports skin health. Its nutty flavor is perfect for spreading and adding to smoothies.

Equipment:



Blender

Vegan
dishes

Servings: 4 (1 serving ≈ 60 grams)

Difficulty: easy

Ingredient		Amount, g
Pumpkin seeds	200	
Olive oil	40	2.7 tbsp
Cooking salt	to taste	
Yield:	240 g	

Cooking time, min

Let stand 8 h

Fry 7

Blend 10

8 h 17 min

	100 g
Protein	15.8
Digestible protein	9.5
Fats	57.5
Fiber	5
Net carbs	3.3
Calories	519 kcal
Indexes	
Glycemic index	8.3
Glycemic load	0.8
Insulin index, II	8.3
Inflammatory index, DII	-0.33
Antioxidant, ORAC	6 239

Soak the pumpkin seeds (200 g) in water for 6–8 hours.

Rinse the seeds under running water. Dry them in a dry skillet over low heat for 5–7 minutes, stirring constantly. Let them cool completely.

Transfer the seeds to a blender and grind them to a flour-like consistency. Add olive oil (40 ml).

Continue blending until you achieve a paste-like consistency, occasionally stopping the blender to scrape the mixture from the walls.

Add salt to taste. Blend again until smooth and homogeneous.

Transfer the finished paste to a glass jar. Seal tightly and store in the refrigerator.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Zinc, Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %												
Nutrient	Men 100 g		Women 100 g		Pregnant 100 g		Children (4-8 years old) 100 g		Doctor's advice 100 g		Therapeutic dose 100 g	
		serving		serving		serving		serving		serving		serving
Manganese	163	98	208	125	187	112	250	150	163	98	75	45
Phosphorus	147	88	147	88	147	88	205	123	103	62	51	31
Magnesium	117	70	154	92	137	82	379	227	82	49	62	37
Copper	64	38	64	38	57	34	131	79	38	23	19	11
Zinc	59	35	81	49	59	35	130	78	13	8	13	8
Iron	36	22	16	10	11	7	29	17	19	11	6	4
Vitamin E	23	14	23	14	23	14	48	29	3	2	1	1
Potassium	20	12	26	16	23	14	29	17	17	10	13	8
Vitamin B1	15	9	17	10	13	8	30	18	9	5	1	1
Fibers	14	8	22	13	19	11	22	13			14	8
Vitamin B5	9	5	9	5	7	4	15	9	4	2	1	1
Vitamin B2	8	5	9	5	7	4	17	10	3	2	1	1
Vitamin B4 (Choline)	7	4	9	5	9	5	16	10	4	2	2	1
Vitamin B8 (Inositol)	7	4	7	4	7	4	13	8	4	2	2	1
Calcium	5	3	5	3	5	3	5	3	5	3	4	2
Vitamin B6	5	3	5	3	3	2	10	6	2	1	1	1
Lipids, %												
Nutrient	Men 100 g		Women 100 g		Pregnant 100 g		Children (4-8 years old) 100 g		Doctor's advice 100 g		Therapeutic dose 100 g	
		serving		serving		serving		serving		serving		serving
Linoleic acid (Omega-6)	79	47	112	67	104	62	192	115			224	134
Oleic acid (Omega-9)	63	38	79	47	71	43	112	67			87	52
Palmitic acid (Saturated)	10	6	10	6	10	6	15	9			20	12

Almond porridge

Porridges and side dishes



A source of healthy fats and fiber, almond porridge promotes digestion and helps maintain blood sugar levels. The sweetness of stevia and the aroma of cinnamon make the dish delicious and nutritious.

Difficulty: easy

Vegan dishes

Ingredient	Amount, g	
Coconut milk (unsweetened)	160	
Almond flour	50	4.2 tbsp
Stevia	5	1 tsp
Sea salt	0.5	1/8 tsp
Cinnamon	0.3	1/8 tsp
Yield:	216 g	

Cooking time, min

Heat on the stove	3
Let stand	2
Mix dry ingredients	5
Boil	10
Reduce	2

20 min - 22 min

	100 g
Protein	6.8
Digestible protein	2.8
Fats	30.5
Fiber	3.2
Net carbs	1.7
Calories	319 kcal
Indexes	
Glycemic index	36.8
Glycemic load	0.9
Insulin index, II	8.3
Inflammatory index, DII	-0.11
Antioxidant, ORAC	1 407

Heat the coconut milk (160 ml) in a small saucepan.

If you are using canned milk, give it some time to become liquid and homogeneous.

After that, add almond flour (50 g), sweetener (to taste), and mix all the ingredients thoroughly. Make sure there are no lumps left.

Cook the porridge over low heat, stirring constantly to avoid burning.

About 5 minutes later, when the porridge starts to thicken, add cinnamon (1/6 tsp) and a pinch of salt.

When the porridge reaches the desired consistency, remove the saucepan from heat.

Digestion time: 2 hours

Health benefits

✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin E	36	36	36	78	5	2
Copper	26	26	24	54	16	8
Iron	24	11	7	19	13	4
Manganese	22	28	25	33	22	10
Phosphorus	20	20	20	28	14	7
Boron	20	20	20	39		6
Magnesium	17	22	20	55	12	9
Vitamin B2	13	16	12	29	6	1
Potassium	9	12	11	14	8	6
Fibers	8	12	11	12		8
Selenium	8	8	8	16	5	1
Calcium	6	6	6	6	6	5
Zinc	6	9	6	14	1	1
Vitamin B3	5	5	4	9	4	1
Chlorine	5	5	5	7	5	1

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Palmitic acid (Saturated)	85	85	85	130		169
Linoleic acid (Omega-6)	15	21	19	36		42
Oleic acid (Omega-9)	13	17	15	24		19
Alpha-linolenic acid	6	8	6	10	5	3
Stearic acid (Saturated)	6	7	7	10		15

Desserts and sweets

Sesame cookies

● Desserts and sweets



A source of healthy fats and protein, this cookie has a low glycemic index thanks to erythritol, making it ideal for maintaining blood sugar levels. The delicate nutty flavor of sesame and almond flour gives it a unique appeal.

Equipment:



Mixer



Oven

Servings: 4 (1 serving ≈ 74 grams)

Difficulty: easy

Ingredient	Amount, g	
Sesame	100	
Erythritol	65	4.3 tbsp
Egg	50	1 pcs
Almond flour	40	3.3 tbsp
Butter	40	2.7 tbsp
Baking powder without starch ↗	2	1/2 tsp
Yield:	297 g	

Cooking time, min

Beat with a mixer	5
Mix	5
Preparation	5
Bake in the oven	12
Let stand	30

27 min - 57 min

	100 g
Protein	11.2
Digestible protein	7
Fats	36.7
Fiber	4.4
Net carbs	5.4
Calories	402 kcal
Indexes	
Glycemic index	13.8
Glycemic load	1.8
Insulin index, II	20.8
Inflammatory index, DII	-0.19
Antioxidant, ORAC	1 997

Preheat the oven to 180 °C.

Beat the softened butter (40 g) with the sweetener (65 g) until creamy.

Add the egg (2/3-1 piece) and beat again until smooth.

Add almond flour (40 g) and baking powder (1/2 tsp). Stir in the toasted sesame seeds (100 g). Gently mix the dough with a spatula.

Place the dough on a baking sheet lined with parchment in portions of 1/2 teaspoon. Slightly flatten the mounds.

Bake for 10-13 minutes until the edges are golden.

Completely cool the cookies before serving.

Substitution options

- Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Copper	171	127	171	127	153	113	349	258	102	75	51	38
Iron	72	53	32	24	21	16	57	42	38	28	11	8
Manganese	50	37	63	47	57	42	76	56	50	37	23	17
Phosphorus	45	33	45	33	45	33	63	47	32	24	16	12
Magnesium	38	28	49	36	44	33	122	90	26	19	20	15
Calcium	38	28	38	28	38	28	38	28	38	28	31	23
Selenium	31	23	31	23	29	21	57	42	17	13	4	3
Zinc	30	22	41	30	30	22	66	49	7	5	7	5
Vitamin E	23	17	23	17	23	17	49	36	3	2	1	1
Vitamin B1	22	16	24	18	19	14	44	33	13	10	1	1
Vitamin B6	21	16	21	16	14	10	45	33	9	7	1	1
Boron	21	16	21	16	21	16	41	30			6	4
Vitamin B2	20	15	23	17	18	13	43	32	9	7	1	1
Fibers	14	10	21	16	19	14	21	16			13	10
Vitamin B7	14	10	14	10	12	9	36	27	2	1	1	1
Vitamin B3	11	8	12	9	10	7	22	16	9	7	1	1
Vitamin A	10	7	13	10	12	9	23	17	6	4	6	4
Vitamin B4 (Choline)	9	7	12	9	11	8	20	15	5	4	2	1
Vitamin B9	9	7	9	7	6	4	19	14	9	7	4	3
Potassium	8	6	11	8	10	7	12	9	7	5	6	4
Vitamin B5	6	4	6	4	5	4	9	7	3	2	1	1
Vitamin B12	6	4	6	4	5	4	5	4	5	4	1	1

Lipids, %												
Nutrient	Men		Women		Pregnant		Children (4-8 years old)		Doctor's advice		Therapeutic dose	
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Cholesterol	176	130	176	130	176	130	705	522			352	260
Linoleic acid (Omega-6)	50	37	71	53	66	49	122	90			143	106
Oleic acid (Omega-9)	35	26	44	33	40	30	63	47			49	36
Palmitic acid (Saturated)	31	23	31	23	31	23	48	36			63	47
Stearic acid (Saturated)	27	20	34	25	34	25	46	34			69	51
Arachidonic acid (AA, Omega-6)	12	9	35	26	23	17	69	51			7	5

Oladi (small pancakes)

Desserts and sweets



A source of healthy fats and protein, these pancakes provide a low level of carbohydrates thanks to almond flour and erythritol, making them ideal for a keto diet. The delicate flavor and texture are given by coconut flakes and olive oil, creating an appetizing dish for breakfast or a snack.

Servings: 2 (1 serving ≈ 170 grams)
Difficulty: easy

Ingredient	Amount, g	
Almond flour	90	7.5 tbsp
Milk	80	5.3 tbsp
Egg	50	1 pcs
Erythritol	45	3 tbsp
Olive oil	40	2.7 tbsp
Coconut flakes or flour	30	3.3 tbsp
Baking powder without starch	4	1 tsp
Cooking salt	1	1/8 tsp
Yield:	340 g	

Cooking time, min

Mix	5
Knead the dough	5
Fry	5
15 min	

	100 g
Protein	9.1
Digestible protein	6.1
Fats	33.6
Fiber	1.7
Net carbs	3.5
Calories	366 kcal
Indexes	
Glycemic index	14.3
Glycemic load	1.6
Insulin index, II	21.2
Inflammatory index, DII	-0.19
Antioxidant, ORAC	1 408

Combine almond flour (90 g), coconut flour (30 g), erythritol (3 tbsp), baking powder (1 tsp), and salt (a pinch).

Add egg (1 pc), milk (80 ml), and olive oil (40 ml).

Mix the batter until smooth.

Thin the batter with a little milk if necessary.

The batter should be thick but pourable. Do not add too much milk.

Heat a skillet and grease it with a small amount of oil.

Drop the batter in portions to make one pancake at a time. Cook covered over medium heat for 2–3 minutes until bubbles form.

Flip and cook for another 1–2 minutes until golden brown.

Substitution options

- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

Minerals, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
Vitamin E	46	78		46	78		46	78		99	168		7	12		3	5	
Copper	35	60		35	60		32	54		72	122		21	36		11	19	
Manganese	33	56		42	71		37	63		50	85		33	56		15	26	
Phosphorus	27	46		27	46		27	46		38	65		19	32		9	15	
Boron	25	43		25	43		25	43		50	85					7	12	
Vitamin B2	23	39		28	48		22	37		51	87		10	17		1	2	
Iron	20	34		9	15		6	10		16	27		11	19		3	5	
Magnesium	19	32		25	43		22	37		61	104		13	22		10	17	
Zinc	11	19		16	27		11	19		25	43		2	3		2	3	
Calcium	11	19		11	19		11	19		11	19		11	19		9	15	
Vitamin B7	11	19		11	19		10	17		28	48		1	2		1	2	
Selenium	10	17		10	17		9	15		19	32		6	10		1	2	
Fibers	9	15		14	24		13	22		14	24					9	15	
Vitamin B13	9	15		9	15		9	15		26	44		1	2				
Chlorine	9	15		9	15		9	15		10	17		9	15		2	3	
Vitamin B4 (Choline)	8	14		10	17		9	15		17	29		4	7		2	3	
Potassium	8	14		11	19		10	17		12	20		7	12		6	10	
Vitamin B12	8	14		8	14		7	12		7	12		6	10		1	2	
Sodium	6	10		6	10		6	10		12	20		6	10		3	5	
Vitamin B5	6	10		6	10		5	9		11	19		3	5		1	2	
Vitamin B1	6	10		6	10		5	9		11	19		3	5		1	2	
Vitamin B3	5	9		6	10		5	9		10	17		4	7		1	2	
Iodine	5	9		5	9		3	5		8	14		4	7		1	2	
Lipids, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
Oleic acid (Omega-9)	49	83		62	105		56	95		88	150					68	116	
Cholesterol	29	49		29	49		29	49		114	194					57	97	
Palmitic acid (Saturated)	22	37		22	37		22	37		33	56					43	73	
Linoleic acid (Omega-6)	16	27		22	37		21	36		39	66					45	77	
Arachidonic acid (AA, Omega-6)	5	9		16	27		11	19		32	54					3	5	

Pizza and pies

Cheese crust pizza

Pizza and pies



A source of protein and healthy fats, this dish supports energy levels and promotes satiety. The combination of cheese, bacon, and mushrooms creates a rich flavor, perfectly suited for a keto diet.

Equipment:



Microwave oven



Oven

Servings: 4 (1 serving ≈ 232 grams)

Difficulty: easy

Ingredient	Amount, g	
Dough preparation		
Mozzarella	250	
Almond flour	100	8.3 tbsp
Egg	50	1 pcs
Soft cheese	30	1.7 tbsp
Baking powder without starch 	4	1 tsp
Garlic powder	3	1 tsp
Herbs de Provence 	1.5	1 tsp
Cooking salt	to taste	
Preparation of sauce		
Mayonnaise (homemade or sugar-free)	40	2.2 tbsp
Tomato paste	20	1.1 tbsp
Preparation of the filling		
Bacon	150	
Cheese	100	6.7 tbsp
Tomato	100	1 pcs
Mushroom	80	4 pcs
Optional ingredients:		
Dill	20	20
Yield:	929 g	

	100 g
Protein	18.9
Digestible protein	17.2
Fats	25.4
Fiber	0.9
Net carbs	2.8
Fructose	0.2
Calories	324 kcal
Indexes	
Glycemic index	5.4
Glycemic load	0.7
Insulin index, II	25.3
Inflammatory index, DII	-0.04
Antioxidant, ORAC	1 056

Cooking time, min

Mix	5
Bake in the microwave	1
Mix	5
Knead the dough	5
Preparation	5
Bake	10
Mix	5
Slice	10
Preparation	5
Bake in the oven	20
Preparation	5
1 h 16 min	

Preheat the oven to 200 °C.

Combine grated mozzarella (250 g) and cream cheese (2 tbsp) in a large bowl.

Place in the microwave for 45 seconds and stir until a smooth, stretchy mixture forms.

Add an egg (1 pc), almond flour (100 g), baking powder (1 tsp), Provence herbs (1 tsp), garlic powder (1 tsp), and salt (to taste).

Mix thoroughly until a dense dough forms.

Transfer the dough to a parchment paper sheet, cover with a second sheet, and roll out to a thickness of about 0.5 cm.

Remove the top sheet of parchment and transfer the crust to a baking tray.

Bake for 10 minutes until lightly browned.

Mix tomato paste (20 g) and mayonnaise (40 g).

Slice tomatoes (100 g) into wedges, mushrooms (80 g) into slices, and cut bacon (150 g) into small pieces.

Grate hard cheese (100 g).

Remove the crust from the oven and reduce the temperature to 180 °C.

Spread the sauce over the crust.

Sprinkle with half of the cheese. Add the tomatoes, mushrooms, and bacon. Top with the remaining cheese.

Bake for another 20 minutes until the cheese melts and the crust is golden.

Garnish the finished pizza with fresh dill (1 bunch).

Serve immediately after cooking.

Substitution options

- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.
- **Herbs de Provence:** Thyme - Plus oregano in equal proportion. These two Mediterranean herbs cover the main essences of the finished blend; if desired, add a pinch of rosemary.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ Improving metabolism: Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %

Nutrient	Men 100 g											
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Fructose												
Phosphorus	38	88	38	88	38	88	53	123	26	60	13	30
Vitamin B12	30	70	30	70	28	65	26	60	24	56	1	2
Calcium	25	58	25	58	25	58	25	58	25	58	21	49
Selenium	24	56	24	56	22	51	43	100	13	30	3	7
Vitamin B2	20	46	23	53	18	42	43	100	9	21	1	2
Vitamin E	18	42	18	42	18	42	39	90	3	7	1	2
Zinc	17	39	24	56	17	39	38	88	4	9	4	9
Sodium	16	37	16	37	16	37	30	70	14	32	7	16
Copper	15	35	15	35	13	30	30	70	9	21	4	9
Chlorine	15	35	15	35	15	35	18	42	15	35	4	9
Lycopene	15	35	15	35	15	35	30	70			3	7
Iron	12	28	5	12	4	9	10	23	7	16	2	5
Manganese	12	28	16	37	14	32	19	44	12	28	6	14
Magnesium	10	23	13	30	12	28	32	74	7	16	5	12
Boron	10	23	10	23	10	23	20	46			3	7
Vitamin A	9	21	11	26	10	23	19	44	5	12	5	12
Potassium	7	16	9	21	8	19	10	23	6	14	5	12
Vitamin B5	7	16	7	16	6	14	11	26	3	7	1	2
Vitamin B7	7	16	7	16	6	14	18	42	1	2	1	2
Vitamin K2	6	14	8	19	8	19	12	28			2	5
Vitamin B6	6	14	6	14	4	9	13	30	3	7	1	2
Vitamin B3	6	14	7	16	6	14	12	28	5	12	1	2
Probiotics	6	14	6	14	6	14	13	30			1	2
Vitamin B4 (Choline)	5	12	7	16	6	14	12	28	3	7	1	2
Vitamin B1	5	12	5	12	4	9	9	21	3	7	1	2
Vitamin D	5	12	5	12	5	12	5	12	1	2	1	2

Lipids, %

Nutrient	Men 100 g											
	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving	100 g	serving
Palmitic acid (Saturated)	64	148	64	148	64	148	98	227			128	297
Cholesterol	62	144	62	144	62	144	247	573			123	285
Linoleic acid (Omega-6)	43	100	61	142	56	130	105	244			122	283
Oleic acid (Omega-9)	15	35	19	44	17	39	26	60			21	49
Arachidonic acid (AA, Omega-6)	13	30	38	88	25	58	75	174			8	19
Stearic acid (Saturated)	9	21	11	26	11	26	15	35			22	51

Low-carb khachapuri

Pizza and pies



A source of high-quality protein and healthy fats, this low-carb dish supports muscle health and promotes satiety. The combination of cheesy flavor and garlic makes it appetizing and satisfying. Perfect for a keto diet and maintaining energy.

Equipment:



Blender



Oven

Difficulty: easy

Ingredient	Amount, g	
Egg	250	5 pcs
Whey protein isolate	80	6.7 tbsp
Soft cheese	80	4.4 tbsp
Albumin 	60	5 tbsp
Soy protein isolate	40	4.4 tbsp
Water	40	2.7 tbsp
Casein	20	1.7 tbsp
Baker's yeast	5	1.7 tsp
Garlic	5	1 pcs
Cooking salt	4	2/3 tsp
Xanthan gum 	2.5	1.25 tsp
Baking powder without starch 	2	1/2 tsp
Yield:	589 g	

	100 g
Protein	36.4
Digestible protein	30.1
Fats	8.4
Fiber	0.7
Net carbs	3
Fructose	0
Calories	235 kcal
Indexes	
Glycemic index	1
Glycemic load	0.1
Insulin index, II	39.6
Inflammatory index, DII	-0.02
Antioxidant, ORAC	282

Cooking time, min

Let stand	6
Mix	5
Mix dry ingredients	5
Blend	3
Preparation	5
Let stand	1 h
Preparation	5
Bake in the oven	35
Let stand	15

2 h 4 min - 2 h 19 min

Mix dry yeast (5 g) with warm water (40 g, 32–35 °C) and let it sit for 5–7 minutes until a foamy cap appears.

Mix room temperature chicken eggs (250 g) until smooth.

Add the activated yeast along with the water and whisk.

In a separate bowl, combine casein (20 g), whey concentrate or isolate (80 g), albumin (60 g), protein (40 g), xanthan gum (2.5 g), baking powder (2 g), and salt (4 g).

Combine the dry mixture with the liquid and blend with an immersion blender for 2–3 minutes until thick, stretchy, and homogeneous consistency.

Add minced garlic (1 clove) and briefly mix.

Transfer the dough to a mold measuring 25×20×4 cm.

Cover the mold and let it sit in a warm place for 40–60 minutes for proofing.

Evenly distribute the cheese for the filling (80–120 g) on top.

Preheat the oven to 180 °C.

Bake the khachapuri for 30–35 minutes until golden brown and firm structure.

Remove the product from the mold and cool for 15–20 minutes.

Slice after the crumb has stabilized.

Substitution options

- **Albumin:** Egg white - 30 g of dry albumin = approximately 9–10 egg whites. At the same time, reduce the amount of liquid added, as the protein contains a lot of water.
- **Xanthan gum:** Psyllium - Take 2 times more than the comedy. First grind into powder. Psyllium holds 6 times more water and gives the bread a fibrous structure. Knead and let it sit for 10 minutes for hydration.
- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 7 hours

Complete protein: ✓

Health benefits

- ✓ **Improving metabolism:** Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Fructose						
Selenium	33	33	30	60	18	4
Vitamin B7	29	29	25	73	3	1
Phosphorus	28	28	28	40	20	10
Vitamin B12	28	28	26	24	22	1
Iron	24	11	7	19	13	4
Chlorine	21	21	21	25	21	5
Vitamin B2	19	23	18	42	8	1
Vitamin B4 (Choline)	18	23	22	39	10	5
Sodium	17	17	17	33	16	8
Copper	14	14	12	28	8	4
Zinc	13	18	13	29	3	3
Vitamin B5	13	13	11	21	6	1
Calcium	11	11	11	11	11	9
Iodine	9	9	6	15	7	1
Coenzyme Q10	8	8	8	25	3	1
Vitamin B6	7	7	5	15	3	1
Molybdenum	7	7	6	14		1
Vitamin B1	6	6	5	11	3	1
Vitamin A	6	7	7	13	3	3
Probiotics	6	6	6	12		1
Vitamin B9	5	5	3	10	5	2
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	84	84	84	336		168
Oleic acid (Omega-9)	35	44	40	63		49
Palmitic acid (Saturated)	19	19	19	29		38
Arachidonic acid (AA, Omega-6)	16	48	32	97		10

Breads and baked goods

Cheese bread

Breads and baked goods



A source of protein and calcium, this bread is rich in healthy fats and fiber thanks to flaxseed flour. Its rich cheesy flavor makes it a great addition to a keto diet.

Servings: 4 (1 serving ≈ 94 grams)

Ingredient	Amount, g	
Egg	150	3 pcs
Cheese	90	6 tbsp
Butter	60	4 tbsp
Flaxseed flour 	40	3.8 tbsp
Coconut flakes or flour	30	3.3 tbsp
Baking powder without starch 	4	1 tsp
Cooking salt	to taste	
Optional ingredients:		
Sunflower seeds	20	1.3 tbsp
Yield:	374 g	

Cooking time, min

Preparation	5
Mix	5
Knead the dough	5
Let stand	15
Preparation	5
Bake	1 h
Let stand	30

1 h 35 min - 2 h 5 min

	100 g
Protein	15
Digestible protein	13.3
Fats	31.1
Fiber	3.4
Net carbs	1.8
Calories	354 kcal
Indexes	
Glycemic index	5.2
Glycemic load	0.3
Insulin index, II	21.6
Inflammatory index, DII	0.02
Antioxidant, ORAC	2 218

Preheat the oven to 180 °C.

Melt the butter (60 g) and let it cool slightly.

Grate the cheese (90 g) on a fine or medium grater. Add the cheese to the warm butter and mix.

Add coconut flour (30 g), flaxseed flour (40 g), baking powder (1 tsp), and salt (to taste). Mix until smooth.

Add the eggs (3 pcs) one at a time, mixing well each time.

Let the dough rest for 10–15 minutes. The consistency will be a bit runny — this is normal.

Prepare the baking pans: use silicone, foil, or ceramic pans lined with crumpled parchment paper.

Divide the dough into two pans. Sprinkle sunflower seeds on top (if desired).

Bake for 60 minutes at 180 °C until firm and golden brown.

Let the bread cool completely before slicing.

Substitution options

- **Flaxseed flour:** Chia seeds - In the form of flour. Chia forms a comparable gel of omega fats and protein. In the dough, add +2% water and let it sit for 10 minutes for hydration.
- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 4 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Phytoestrogens	1 940	1 824	1 164	1 094	1 164	1 094	29 104	27 358	1 164	1 094	194	182
Phosphorus	43	40	43	40	43	40	61	57	30	28	15	14
Selenium	41	39	41	39	38	36	76	71	23	22	6	6
Prebiotics	25	24	25	24	25	24	49	46			25	24
Vitamin B7	23	22	23	22	20	19	58	55	3	3	1	1
Calcium	22	21	22	21	22	21	22	21	22	21	19	18
Iron	21	20	9	8	6	6	17	16	11	10	3	3
Vitamin B2	20	19	23	22	18	17	43	40	9	8	1	1
Vitamin B4 (Choline)	18	17	23	22	22	21	39	37	10	9	5	5
Vitamin A	18	17	23	22	21	20	40	38	11	10	11	10
Manganese	17	16	22	21	20	19	26	24	17	16	8	8
Copper	17	16	17	16	16	15	35	33	10	9	5	5
Zinc	17	16	23	22	17	16	37	35	4	4	4	4
Vitamin B12	17	16	17	16	16	15	15	14	14	13	1	1
Vitamin B5	15	14	15	14	13	12	25	24	8	8	1	1
Vitamin K2	14	13	18	17	18	17	30	28			5	5
Vitamin D	12	11	12	11	12	11	12	11	2	2	2	2
Magnesium	12	11	16	15	15	14	40	38	9	8	7	7
Probiotics	11	10	11	10	11	10	22	21			2	2
Sodium	10	9	10	9	10	9	19	18	9	8	5	5
Fibers	10	9	15	14	13	12	15	14			9	8
Vitamin B6	9	8	9	8	6	6	20	19	4	4	1	1
Coenzyme Q10	8	8	8	8	8	8	24	23	2	2	1	1
Vitamin B1	7	7	8	8	6	6	15	14	4	4	1	1
Iodine	7	7	7	7	4	4	11	10	5	5	1	1
Potassium	6	6	7	7	7	7	8	8	5	5	4	4
Vitamin E	5	5	5	5	5	5	11	10	1	1	1	1
Vitamin B9	5	5	5	5	4	4	11	10	5	5	2	2
Vitamin B8 (Inositol)	5	5	5	5	5	5	10	9	3	3	1	1
Vitamin B13	5	5	5	5	5	5	14	13	1	1		
Lipids, %												
Nutrient	Men 100 g											
		serving		serving		serving		serving		serving		serving
Cholesterol	259	243	259	243	259	243	1 037	975			519	488
Alpha-linolenic acid (Omega-3)	125	118	182	171	143	134	222	209	100	94	67	63
Palmitic acid (Saturated)	74	70	74	70	74	70	113	106			147	138
Oleic acid (Omega-9)	35	33	44	41	40	38	63	59			49	46
Stearic acid (Saturated)	35	33	43	40	43	40	58	55			87	82
Arachidonic acid (AA, Omega-6)	21	20	64	60	43	40	128	120			13	12

Low-carb focaccia

Breads and baked goods



A source of high-quality protein and healthy fats, low-carb focaccia supports energy levels and promotes satiety. It has a soft texture and neutral flavor, making it perfect for a variety of toppings.

Equipment:



Blender



Oven

Servings: 8 (1 serving ≈ 78 grams)

Difficulty: easy

Ingredient	Amount, g	
Egg	350	7 pcs
Milk	80	5.3 tbsp
Albumin ↗	60	5 tbsp
Whey protein isolate	60	5 tbsp
Water	40	2.7 tbsp
Casein	20	1.7 tbsp
Baker's yeast	5	1.7 tsp
Cooking salt	5	3/4 tsp
Xanthan gum ↗	2.5	1.25 tsp
Baking powder without starch ↗	2	1/2 tsp
Yield:	625 g	

Cooking time, min

Let stand	6
Mix	10
Mix dry ingredients	5
Blend	3
Let stand	40
Preparation	5
Bake in the oven	30
Let stand	30

1 h 39 min - 2 h 9 min

	100 g
Protein	25.8
Digestible protein	25.7
Fats	6.1
Fiber	0.3
Net carbs	2.8
Calories	174 kcal
Indexes	
Glycemic index	3.5
Glycemic load	0.6
Insulin index, II	39.5
Inflammatory index, DII	0
Antioxidant, ORAC	267

Mix dry yeast (5 g) with warm water (30 g, 32–35 °C) and let it sit for 5–7 minutes until a frothy cap appears.

Mix room temperature chicken eggs (350 g) until homogeneous.

Add milk with a fat content of up to 6% (80 g) and activated yeast along with the water. Whisk together.

In a separate bowl, combine casein (20 g), albumin (60 g), whey protein or isolate (60 g), xanthan gum (2.5 g), baking powder (2 g), and salt (5 g).

Add the dry mixture to the liquid ingredients.

Blend the dough with an immersion blender for 2–3 minutes until it reaches a thick, stable, viscous consistency.

Cover the container and let the dough rest at room temperature for 30–40 minutes.

Transfer the dough to a greased mold measuring 25×20×4 cm.

Lightly brush the surface with olive oil (to taste) and make indentations with your fingers.

Preheat the oven to 220 °C.

Place the mold in the oven and after 3–4 minutes reduce the temperature to 170–180 °C.

Bake the focaccia for 25–30 minutes until it has a stable structure and a golden crust.

Remove the product from the mold and let it cool completely on a rack.

Cut only after it has completely cooled.

Substitution options

- **Albumin:** Egg white - 30 g of dry albumin = approximately 9–10 egg whites. At the same time, reduce the amount of liquid added, as the protein contains a lot of water.
- **Xanthan gum:** Psyllium - Take 2 times more than the comedy. First grind into powder. Psyllium holds 6 times more water and gives the bread a fibrous structure. Knead and let it sit for 10 minutes for hydration.
- **Baking powder without starch:** Tartaric acid - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 7 hours

Complete protein: ✓

Health benefits

- ✓ **Improving metabolism:** Protein

Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

Minerals, %												
Nutrient	Men 100 g		Women 100 g		Pregnant 100 g		Children (4-8 years old) 100 g		Doctor's advice 100 g		Therapeutic dose 100 g	
	serving		serving		serving		serving		serving		serving	
Selenium	35	27	35	27	32	25	65	51	19	15	5	4
Vitamin B7	34	27	34	27	29	23	85	66	4	3	1	1
Vitamin B12	29	23	29	23	27	21	25	20	23	18	1	1
Chlorine	25	20	25	20	25	20	30	23	25	20	6	5
Vitamin B4 (Choline)	23	18	30	23	28	22	50	39	13	10	6	5
Phosphorus	21	16	21	16	21	16	30	23	15	12	8	6
Vitamin B2	21	16	25	20	20	16	46	36	9	7	1	1
Sodium	17	13	17	13	17	13	33	26	16	12	8	6
Vitamin B5	16	12	16	12	13	10	26	20	8	6	1	1
Iron	14	11	6	5	4	3	11	9	7	5	2	2
Iodine	11	9	11	9	7	5	18	14	8	6	2	2
Coenzyme Q10	11	9	11	9	11	9	33	26	3	2	1	1
Calcium	10	8	10	8	10	8	10	8	10	8	8	6
Zinc	9	7	12	9	9	7	19	15	2	2	2	2
Vitamin B6	7	5	7	5	5	4	15	12	3	2	1	1
Vitamin B1	5	4	6	5	5	4	11	9	3	2	1	1
Vitamin A	5	4	6	5	6	5	11	9	3	2	3	2
Vitamin B13	5	4	5	4	5	4	16	12	1	1		
Lipids, %												
Nutrient	Men 100 g		Women 100 g		Pregnant 100 g		Children (4-8 years old) 100 g		Doctor's advice 100 g		Therapeutic dose 100 g	
	serving		serving		serving		serving		serving		serving	
Cholesterol	105	82	105	82	105	82	421	328			210	164
Oleic acid (Omega-9)	46	36	57	44	52	41	82	64			63	49
Arachidonic acid (AA, Omega-6)	21	16	64	50	43	34	128	100			13	10
Palmitic acid (Saturated)	9	7	9	7	9	7	14	11			18	14

Fermentation and pickling

Sauerkraut with beetroot

● Fermentation and pickling



A source of probiotics and vitamins, this dish supports gut health and strengthens the immune system. The vibrant taste of beets and spices makes it not only healthy but also an appetizing addition to the diet.

Servings: 6 (1 serving ≈ 202 grams)

Difficulty: easy

Vegan dishes

Ingredient	Amount, g	
Cabbage	700	1 pcs
Beetroot	350	1 pcs
Onion	120	1 pcs
Ginger	20	3.3 tbsps
Garlic	10	2 pcs
Nori	5	
Cooking salt	3	1/2 tsp
Turmeric	2.5	1 tsp
Cayenne pepper	0.2	1/8 tsp
Black pepper	0.2	1/8 tsp
Yield:	1 211 g	

Cooking time, min

Slice	15
Mix	5
Preparation	10
Let stand	7 days
Chill in the refrigerator	9 days

16 days 30 min

	100 g
Protein	1.8
Fats	0.2
Fiber	2.9
Net carbs	4.9
Fructose	0.1
Calories	34 kcal
Indexes	
Glycemic index	28.4
Glycemic load	2.5
Insulin index, II	24.2
Inflammatory index, DII	-0.51
Antioxidant, ORAC	2 637

Cut all the vegetables into strips:

- white cabbage (1/2 head);

- medium beet (1 piece);
- medium onion (1 piece);
- garlic (2 cloves);
- ginger root (5 cm).

In a large bowl, thoroughly mix the chopped ingredients, actively kneading them to release more juice.

Add the spices:

- salt (1/2 tsp);
- red ground pepper (a pinch);
- black ground pepper (a pinch);
- turmeric (1 tsp).

Then, using scissors, carefully cut the nori (2 sheets) into small pieces.

After that, transfer the mixture to a glass jar, pressing it down firmly so that the vegetables are completely covered with their juice.

Seal the jar tightly with a lid and place it in a dark, warm place for fermentation.

For the first few days, remember to press the vegetables under the liquid once a day and release the gas that forms.

After 5-7 days, move the jar to the refrigerator.

It is recommended to start consuming the fermented cabbage 16-20 days after the fermentation begins.

Digestion time: 4 hours

Health benefits

- ✓ **Improving metabolism:** Iodine

Nutrients, % of the recommended daily intake

Minerals, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
		serving		serving			serving			serving			serving			serving		
Vitamin U													17	34		2	4	
Fructose																		
Iodine	63	127		63	127		43	87	106	214	48	97	10	20				
Vitamin K	37	75		49	99		49	99	80	162	37	75	9	18				
Vitamin C	26	53		32	65		28	57	95	192	5	10	1	2				
Vitamin B9	15	30		15	30		10	20	30	61	15	30	6	12				
Manganese	12	24		15	30		13	26	18	36	12	24	5	10				
Betaine	11	22		11	22		11	22	43	87	3	6	1	2				
Vitamin B6	10	20		10	20		7	14	22	44	4	8	1	2				
Iron	8	16		4	8		3	6	7	14	5	10	1	2				
Potassium	7	14		9	18		8	16	10	20	6	12	4	8				
Fibers	7	14		10	20		9	18	10	20			6	12				
Chlorine	7	14		7	14		7	14	9	18	7	14	2	4				
Sodium	6	12		6	12		6	12	11	22	5	10	3	6				
Phosphorus	5	10		5	10		5	10	6	12	3	6	2	4				
Lipids, %																		
Nutrient	Men 100 g			Women 100 g			Pregnant 100 g			Children (4-8 years old) 100 g			Doctor's advice 100 g			Therapeutic dose 100 g		
		serving		serving			serving			serving			serving			serving		
No nutrients above 1% RDI																		

Sprouting mung beans

● Fermentation and pickling



A source of plant protein and fiber, sprouted mung bean helps improve digestion and enriches the body with B vitamins. It has a delicate taste and a crunchy texture, making it perfect for salads.

Difficulty: easy

Vegan dishes

Ingredient	Amount, g
Mash	50
Yield:	50 g

Cooking time, min

Preparation

5

Let stand

12 h

12 h 5 min

	100 g
Protein	24
Digestible protein	16.8
Fats	1
Omega-6 : Omega-3	5 : 1
Fiber	24
Net carbs	34
Calories	347 kcal

Indexes

Glycemic index	30
Glycemic load	10.2
Insulin index, II	50
Inflammatory index, DII	-0.20
Antioxidant, ORAC	7 282
Protein digestibility, PDCAAS	0.70

Thoroughly rinse the mung beans (50 g) under running water. Then, place them in a container and pour boiling water over them.

Leave the mung beans to soak overnight for better swelling.

In the morning, rinse the mung beans again, then place them in a jar with a lid for sprouting. It's important to ensure adequate ventilation while protecting them from direct sunlight.

Rinse the mung beans twice a day – in the morning and in the evening – using running water through the jar lid.

The sprouts will be ready in 12 hours.

Digestion time: 4 hours

Health benefits

✓ Improving metabolism: Protein

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B9	156	156	104	313	156	63
Copper	100	100	90	205	60	30
Iron	84	37	25	67	45	13
Phosphorus	52	52	52	73	37	18
Vitamin B1	50	55	43	100	30	1
Magnesium	45	59	53	145	32	24
Manganese	43	56	50	67	43	20
Vitamin B5	38	38	32	63	19	2
Potassium	37	48	43	54	31	25
Vitamin B6	31	31	21	67	13	1
Fibers	26	40	36	40		25
Zinc	25	34	25	54	5	5
Selenium	15	15	14	27	8	2
Vitamin B2	15	18	14	33	7	1
Vitamin B3	14	16	13	29	12	1
Calcium	13	13	13	13	13	11
Vitamin B4 (Choline)	11	14	13	24	6	3
Vitamin K	8	10	10	16	8	2
Vitamin C	5	6	6	19	1	1

Drinks

Gogol-Mogol

Drinks



A source of quality protein and healthy fats, this dish has a rich chocolate flavor thanks to cocoa and sweetness from stevia, making it perfect for maintaining energy and satisfying sweet cravings.

Equipment:



Mixer

Difficulty: easy

Ingredient	Amount, g	
Coconut milk (unsweetened)	150	
Egg	50	1 pcs
Butter	20	1.3 tbsp
Cocoa powder	1.3	1/2 tsp
Vanilla	0.3	1/8 tsp
Stevia	to taste	
Optional ingredients:		
Himalayan salt	1	1/8 tsp
Yield:	222 g	

Cooking time, min

Beat with a mixer	3
Heat on the stove	3
Mix	5
Beat with a mixer	1
12 min	

	100 g
Protein	4.6
Digestible protein	2.9
Fats	25.8
Fiber	2
Net carbs	0.9
Calories	254 kcal
Indexes	
Glycemic index	30.6
Glycemic load	0.7
Insulin index, II	11.7
Inflammatory index, DII	0.02
Antioxidant, ORAC	717

Gogol-Mogol is an egg drink that is great for a keto diet.

Beat one egg with a sweetener (to taste) until frothy.

Melt 20 g of butter in the microwave or over low heat.

Add the melted butter and the remaining ingredients to the egg mixture:

- unsweetened coconut milk – 150 ml;
- vanilla – a pinch;
- unsweetened cocoa powder – 1/2 tsp;
- sea salt or pink Himalayan salt – a pinch.

Thoroughly blend all the ingredients with a mixer until they combine into a uniform mass.

Fasting (IF): not allowed

Digestion time: 3 hours

Complete protein: ✓

Health benefits

✓ **Improving metabolism:** Fats

Nutrients, % of the recommended daily intake

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iron	20	9	6	16	10	3
Selenium	20	20	19	37	11	3
Vitamin B7	15	15	13	38	2	1
Phosphorus	13	13	13	18	9	5
Acetylcholine	12	15	14	26	6	3
Vitamin B5	11	11	9	18	5	1
Vitamin B2	10	11	9	21	4	1
Vitamin A	9	11	10	20	5	5
Vitamin B12	8	8	8	7	7	1
Potassium	6	8	7	9	5	4
Magnesium	5	7	6	16	3	3
Vitamin B9	5	5	4	11	5	2
Vitamin B6	5	5	3	10	2	1
Coenzyme Q10	5	5	5	16	2	1

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	139	139	139	557		278
Palmitic acid (Saturated)	108	108	108	166		215
Stearic acid (Saturated)	24	30	30	40		60
Oleic acid (Omega-9)	21	26	24	38		29
Arachidonic acid (AA, Omega-6)	13	38	25	76		8

Foods for Improvement of metabolism

This section brings together foods that naturally supply the nutrients discussed earlier in the book. They help explain why the recipes in this collection were selected for the topic of Improvement of metabolism.

Each food entry shows what it is useful for in practice, how it can fit into everyday cooking, and which vitamins, minerals, fatty acids or protective compounds make it relevant to this book.

Use these pages as a quick reference: compare products, look at their macro profile and then check the detailed nutrient tables at the end of each food description.

Nori

	100 g
Protein	5
Fats	0.5
Omega-6 : Omega-3	1,7 : 1
Fiber	0.5
Net carbs	6.5
Calories	35 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	15
Inflammatory index, DII	-0.30
Antioxidant, ORAC	5 000



Nori – is an edible seaweed that is widely used in Japanese cuisine. These thin sheets are usually made from dried seaweed, such as Porphyra.

Nori contains a variety of vitamins, minerals, and other beneficial substances that make it not only a tasty but also a healthy addition to the diet.

It is a source of essential nutrients, such as vitamins A, C, E, and K. These vitamins play a key role in maintaining skin health, the immune system, and blood clotting.

Additionally, nori contains minerals such as iodine, calcium, magnesium, and iron.

Iodine is particularly important for the proper functioning of the thyroid gland, while **calcium** and **magnesium** help maintain bone and muscle health. **Iron** is necessary for transporting oxygen in the body.

Nutritional Value

The glycemic index of nori is 0, as it is a product that contains virtually no carbohydrates.

As for the glycemic load, it is also very low, as nori contains only about 5-10 grams of carbohydrates per 100 grams of product, most of which is fiber.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iodine	15 467	15 467	10 545	25 778	11 600	2 320
Magnesium	88	116	103	285	62	46
Fibers	75	114	102	114		71
Selenium	66	66	61	122	37	9
Manganese	57	72	65	87	57	26
Vitamin C	43	52	46	156	8	2
Phosphorus	41	41	41	57	29	14
Vitamin B9	37	37	24	73	37	15
Vitamin B2	35	41	32	75	15	1
Copper	32	32	29	66	19	10
Vitamin A	29	37	34	65	17	17
Iron	28	12	8	22	15	4
Vitamin B6	28	28	19	60	12	1
Vitamin B3	28	32	25	56	23	1
Zinc	18	24	18	39	4	4
Potassium	10	14	12	15	9	7
Vitamin B1	10	11	9	20	6	1
Calcium	7	7	7	7	7	6
Vitamin E	7	7	7	14	1	1

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Dried seaweed

	100 g
Protein	10
Fats	5
Omega-6 : Omega-3	3 : 1
Fiber	10
Net carbs	40
Calories	300 kcal
Indexes	
Glycemic index	5
Glycemic load	0.2
Insulin index, II	10
Inflammatory index, DII	-0.40



Sea kelp, also known as laminaria, is a true treasure trove of beneficial substances.

Dried sea kelp retains all the richness of minerals and vitamins that it abounds in its natural, marine state.

This product is a valuable source of iodine, making it indispensable for maintaining thyroid health.

In addition, it contains important elements such as potassium, iron, calcium, and magnesium.

It is rich in B-group vitamins, as well as vitamins A, C, E, making sea kelp a powerful antioxidant and an immune system supporter.

Nutritional Value

From a keto diet perspective, dried sea kelp is low in carbohydrates, making it a suitable product for maintaining a state of ketosis.

The carbohydrate content is only about 9 grams per 100 grams of product, most of which is accounted for by dietary fiber that does not affect ketosis.

The glycemic index of sea kelp is low.

Possible Risks

Excessive consumption of dried sea kelp may lead to an excess of iodine, which is dangerous for people with thyroid disorders.

Sea kelp may also contain heavy metals and other pollutants, so it is important to monitor its origin.

It is not recommended to consume in large quantities for people taking anticoagulants, as kelp is rich in vitamin K, which can affect blood clotting.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iodine	7 733	7 733	5 273	12 889	5 800	1 160
Vitamin B2	75	89	70	163	33	2
Vitamin K	55	73	73	120	55	13
Manganese	49	63	57	75	49	23
Vitamin B6	48	48	33	105	21	1
Vitamin B9	45	45	30	90	45	18
Vitamin A	40	52	47	90	24	24
Iron	36	16	11	29	19	6
Magnesium	29	38	34	93	20	15
Fibers	19	28	25	28		18
Calcium	17	17	17	17	17	14
Vitamin B3	17	19	15	33	13	1
Zinc	11	15	11	25	2	2
Vitamin B5	11	11	9	18	5	1
Sodium	10	10	10	19	9	5
Phosphorus	6	6	6	8	4	2
Vitamin E	6	6	6	12	1	1
Vitamin B1	6	6	5	12	3	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Oleic acid (Omega-9)	89	111	101	159		123
Alpha-linolenic acid (Omega-3)	31	45	35	55	25	17

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Iodized salt

	100 g
Protein	0
Fats	0
Fiber	0
Net carbs	0
Calories	0 kcal



Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	0
Inflammatory index, DII	0.10

Since its appearance in the market, iodized salt has gained popularity due to its ability to prevent iodine deficiency in the body.

Iodine plays a key role in normalizing the functioning of the thyroid gland, which in turn affects metabolism and hormonal balance.

In the modern world, where many food products do not contain adequate amounts of iodine, the use of iodized salt becomes particularly relevant.

Regular consumption of iodized salt helps prevent diseases associated with iodine deficiency, such as goiter and hypothyroidism.

Composition and Properties

Iodized salt is regular table salt (sometimes you can find Himalayan and sea salt) supplemented with iodine.

Depending on the region, the iodine concentration can vary from 15 to 40 mg per 1 kg of salt. That is, in 5 grams of iodized salt, there can be 50-133% of the recommended daily allowance of iodine.

The composition of iodized salt includes:

- **Sodium chloride** — the main component responsible for the salty taste;
- **Iodine** — added in the form of sodium iodide or potassium iodate;
- **Other minerals** — sometimes includes small amounts of potassium, magnesium, and calcium.

Nutritional Value

Iodized salt has a low glycemic index.

It contains no carbohydrates and does not affect blood sugar levels.

Possible Risks

Excessive iodine consumption can lead to negative consequences, such as hyperthyroidism and allergic reactions.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iodine	4 000	4 000	2 727	6 667	3 000	600
Chlorine	2 609	2 609	2 609	3 158	2 609	667
Sodium	1 685	1 685	1 685	3 230	1 550	775

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Brazil nut

	100 g
Protein	14.3
Digestible protein	6.6
Fats	66.4
Omega-6 : Omega-3	1,5 : 1
Fiber	8.5
Net carbs	3.8
Calories	656 kcal

Indexes

Glycemic index	15
Glycemic load	1
Insulin index, II	10
Inflammatory index, DII	-0.20
Antioxidant, ORAC	1 419
Protein digestibility, PDCAAS	0.46



Brazil nut, known for its rich, intense flavor and unique nutritional properties, is one of the most valuable gifts of the Amazon.

These large, oily nuts are an excellent source of selenium, a mineral essential for maintaining thyroid health and a strong immune system.

Additionally, they contain a variety of other vitamins and minerals, including magnesium, phosphorus, zinc, B vitamins, and vitamin E.

Consuming Brazil nuts may help lower cholesterol levels and improve heart health.

Nutritional Value

In 100 grams of Brazil nuts, there are approximately **656 calories**, consisting of **14 g of protein**, **66 g of fat**, and **12 g of carbohydrates**, of which fiber makes up about 8 g.

The glycemic index of the nut is low, making it suitable for a keto diet in moderate amounts.

One nut contains about 33 calories, 3 grams of fat, and less than 1 gram of carbohydrates, making it a convenient snack that doesn't disrupt ketosis.

Possible Health Risks

Excess selenium, which can occur from excessive consumption of Brazil nuts, may lead to various side effects, including fatigue, headaches, and gastrointestinal issues.

Therefore, it is recommended to limit the intake of Brazil nuts to one or two per day.

More than 8 nuts a day can lead to selenium poisoning.

Interesting Facts about Brazil Nuts

Brazil nut is not a nut. It is actually a seed from a large tropical tree, *Bertholletia excelsa*, which primarily grows in the Amazon.

The largest seeds. Brazil nut is considered one of the largest seeds in the world.

Natural packaging. The seeds of Brazil nuts are found inside large, hard shells resembling coconuts, which protect them from predators.

Ecological role. The Brazil nut tree plays an important role in the Amazon ecosystem, providing a home for many animals and contributing to biodiversity.

Deforestation issues. Due to deforestation, the population of Brazil nuts is threatened, negatively impacting the ecosystem and local communities.

The Brazil nut tree is valued for its wood, which is used in furniture making and construction.

Unique growing conditions. Brazil nuts require specific conditions for growth, including a certain level of humidity and the presence of other plants like orchids and vines.

It cannot be grown in other regions of the world due to its specific climate and ecosystem requirements.

History of discovery. Brazil nuts were known to local tribes long before Europeans arrived in South America and were described by early explorers in the 18th century.

Lipid Profile

Brazil nuts contain various types of fats that make up their overall lipid profile. Primarily, they consist of monounsaturated and polyunsaturated fatty acids.

- Saturated fats: about 25% of the total fat.
- Monounsaturated fats: about 38% of the total fat.
- Polyunsaturated Omega-3 (ALA): about 20% of the total fat.
- Polyunsaturated Omega-6 (LA): approximately 15% of the total fat.

Nutrients, % of the recommended daily intake

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Selenium	3 485	3 485	3 195	6 390	1 917	479
Copper	193	193	174	395	116	58
Phosphorus	104	104	104	145	73	36
Magnesium	90	118	104	289	63	47
Boron	57	57	57	115		17
Manganese	53	68	61	82	53	24
Vitamin B1	51	56	44	103	31	1
Vitamin E	38	38	38	81	6	2
Zinc	37	51	37	81	8	8
Iron	30	14	9	24	16	5
Sulfur	25	33	33	50		7
Fibers	20	30	27	30		19
Potassium	19	25	23	29	16	13
Vitamin B7	17	17	14	42	2	1
Calcium	16	16	16	16	16	13
Vitamin B6	8	8	5	17	3	1
Vitamin B9	6	6	4	11	6	2
Vitamin B4 (Choline)	5	7	6	12	3	1

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Oysters

	100 g
Protein	12
Digestible protein	12
Fats	2
Omega-6 : Omega-3	0,5 : 1
Fiber	0
Net carbs	4
Calories	70 kcal

Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	25
Inflammatory index, DII	-0.20
Protein digestibility, PDCAAS	1



Oysters are a true delicacy that has won the hearts of gourmets around the world with their exquisite texture and unique flavor, which varies from sweet-sea to distinctly salty.

These marine mollusks boast an impressive range of nutrients.

Oysters contain a number of vitamins and minerals, such as vitamin D, vitamin B12, zinc, and selenium, which are important for maintaining overall health and normal immune system functioning.

Oysters also contain beneficial fats, including omega-3 fatty acids, which are important for cardiovascular health and may help reduce inflammation.

Nutritional Value

Oysters are rich in **proteins**, providing about 9 grams per 100 grams of product, while the carbohydrate content remains at around 4-5 grams.

On average, one oyster contains about 10 calories, 1 g of protein, and 0.3 g of fat.

The glycemic index (GI) of oysters is very low, making them an ideal food for controlling blood sugar levels.

Their **glycemic load** is virtually zero, making them safe for a low-carbohydrate diet.

Consumption Recommendations

It is important to note that oysters are often consumed raw, which carries the risk of bacterial or viral infection.

Buy oysters from reputable sellers and pay attention to their storage conditions.

For pregnant and immunocompromised individuals: avoid consuming raw oysters due to the increased risk of infection.

Interesting Facts About Oysters

Oysters can change gender. Oysters are hermaphrodites and can change their sex depending on environmental conditions.

Typically, they start their lives as males and can become females when necessary for reproduction.

Oysters filter water. Oysters are capable of cleaning water by filtering up to 50 liters per day.

This makes them an important part of the ecosystem, helping to maintain the cleanliness of marine waters.

Oysters can live for over 20 years. Although most oysters reach maturity in 3-4 years, some individuals can live up to 20 years or more if conditions are suitable.

Oysters are known for their unique flavor. The taste of oysters can vary depending on their habitat, which is related to differences in water composition and food availability. This makes each batch of oysters unique.

Oysters can produce pearls. Although pearls are more commonly associated with mollusks, oysters can also produce pearls in response to irritants, such as a grain of sand entering their shell.

Oysters can be eaten alive. In many cultures, oysters are traditionally consumed raw, allowing people to enjoy their freshness and texture.

Oysters can indicate water quality. Since oysters are filter feeders, their presence in a certain area can indicate the cleanliness and health of the ecosystem.

Oysters have their own «personality.» Studies show that oysters can respond differently to external stimuli, suggesting individual characteristics in each specimen.

Oysters were popular in Ancient Rome. Oysters were in high demand in Ancient Rome, where they were harvested and sold in markets as a delicacy.

Oysters can «sleep.» Under stress or low oxygen conditions, oysters can close their shells and enter a state resembling hibernation to conserve energy.

Oysters have an ancient history of consumption. Archaeological findings show that people began eating oysters over 20,000 years ago.

Oysters can be farmed. Oyster aquaculture has become a common practice, allowing for controlled growing conditions and sustainable supply.

Oysters are often associated with aphrodisiacs. They are considered aphrodisiacs due to their high zinc content and other minerals that may enhance libido.

Oysters have their «seasons.» Oysters are generally most flavorful during the cold months (from September to April), when the water is colder and their flesh is denser.

Lipid Profile

Oysters contain various types of fats that play an important role in nutrition.

Their lipid profile includes the following classes of fats:

- Saturated fats: approximately 0.5-1% of total fat content.
- Monounsaturated fats: about 1-2% of total fat content.
- Polyunsaturated Omega-3 (ALA, DHA, and EPA): make up approximately 2-5% of total fat content.
- Polyunsaturated Omega-6 (LA and AA): about 0.5-1% of total fat content.

Overall, oysters are a good source of healthy fats, particularly omega-3 fatty acids, which contribute to cardiovascular health.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Zinc	825	1 135	825	1 816	182	182
Vitamin B12	667	667	615	571	533	1
Chrome	300	420	350	700		11
Vanadium	167	167	167	500		50
Selenium	116	116	106	212	64	16
Molybdenum	100	100	90	205		9
Iron	92	41	27	74	49	15
Manganese	48	61	55	73	48	22
Vitamin D	40	40	40	40	6	6
Vitamin B2	17	20	16	37	7	1
Phosphorus	14	14	14	19	10	5
Vitamin B7	13	13	11	33	2	1
Vitamin B4 (Choline)	12	15	14	26	7	3
Vitamin E	11	11	11	24	2	1
Vitamin C	9	11	9	32	2	1
Vitamin B6	8	8	5	17	3	1
Vitamin B1	8	9	7	17	5	1
Sodium	7	7	7	13	6	3
Calcium	7	7	7	7	7	6
Coenzyme Q10	7	7	7	20	2	1
Vitamin B5	6	6	5	10	3	1
Vitamin B3	6	6	5	11	5	1
Magnesium	5	7	6	17	4	3
Potassium	5	6	5	7	4	3
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
EPA (Omega-3)	60	60	100	150		10
Cholesterol	35	35	35	140		70
Arachidonic acid (AA, Omega-6)	5	16	11	32		3

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Langoustines

	100 g
Protein	20
Digestible protein	20
Fats	1
Omega-6 : Omega-3	1 : 1
Fiber	0
Net carbs	0
Calories	100 kcal



Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	30
Inflammatory index, DII	-0.30
Antioxidant, ORAC	200
Protein digestibility, PDCAAS	1

Langoustines — exquisite seafood with a delicate flavor and high protein content. They are valued not only in restaurants but also in home cooking due to their versatility and ease of preparation.

These crustaceans are rich in vitamins, minerals, and omega-3 fatty acids, making them a healthy and dietary product:

- vitamin B12 — involved in DNA synthesis and supports nervous system health;
- selenium — an antioxidant that protects cells from oxidative stress;
- phosphorus — strengthens bones and teeth;
- zinc — supports immunity and accelerates tissue healing;
- omega-3 fatty acids — improve heart function and reduce inflammation levels.

At the same time, they contain virtually no carbohydrates and are perfect for a keto diet.

History and Origin

Langoustines inhabit the salty coastal waters of the Mediterranean Sea and the Atlantic. They are caught by hand or using traps, which preserves the quality and texture of the delicate meat.

In different countries, langoustines have their own names: in Italy, they are called scampi, in France — langoustine, and in England — Norway lobster.

This product is traditionally used in Mediterranean cuisine as well as in Asian dishes, where the subtle flavor and quick cooking are appreciated.

Nutritional Value

Langoustines are a low-calorie source of easily digestible protein. In 100 g of the product, there are about 20 g of protein, less than 1 g of fat, and almost no carbohydrates.

The energy value is about 100 kcal.

Health Benefits

- help maintain heart health due to omega-3 content;
- strengthen the immune system thanks to zinc and selenium;
- improve skin and hair condition due to antioxidants;
- help preserve muscle mass and accelerate recovery after workouts;

- have a zero glycemic index and do not raise blood sugar levels.

Consumption Recommendations

Langoustines can be boiled, baked, fried, or added to salads and pastas.

The optimal portion is 100–150 g. When trying them for the first time, it is advisable to start with a small amount to rule out any potential allergic reaction.

Langoustines are not just a delicacy but a nutritious and balanced product that fits perfectly into a keto diet and supports the health of the cardiovascular, nervous, and immune systems.

Nutrients, % of the recommended daily intake

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iodine	355	355	242	591	266	53
Copper	178	178	160	364	107	53
Selenium	133	133	122	243	73	18
Vitamin B12	54	54	50	46	43	1
Zinc	37	51	37	82	8	8
Phosphorus	26	26	26	37	19	9
Vitamin E	24	24	24	51	4	1
Sodium	21	21	21	41	19	10
Vitamin B3	17	19	15	34	14	1
Calcium	13	13	13	13	13	10
Magnesium	10	13	12	33	7	5
Vitamin B6	8	8	5	17	3	1
Potassium	7	9	8	10	6	5
Vitamin B1	7	7	6	13	4	1
Vitamin B2	5	5	4	10	2	1

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
DHA (Omega-3)	116	116	193	232		29
Cholesterol	67	67	67	266		133
EPA (Omega-3)	58	58	97	145		10

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Spiny lobsters

	100 g
Protein	19
Digestible protein	19
Fats	1
Omega-6 : Omega-3	5 : 1
Fiber	0
Net carbs	0
Calories	90 kcal

Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	30
Inflammatory index, DII	-0.40
Antioxidant, ORAC	200
Protein digestibility, PDCAAS	1



Langoustines — large marine crustaceans with long antennae and a thick shell, valued for their tender meat and rich flavor.

Their meat is rich in protein and vitamins, and their catch is regulated by ecological standards to preserve marine ecosystems.

They are rich in B vitamins, selenium, phosphorus, and zinc, which strengthen the immune system, nervous system, and bone tissue:

- vitamin B12 — supports brain and nerve function;
- zinc — accelerates tissue healing and boosts immunity;
- selenium — protects cells from oxidative stress;
- phosphorus — strengthens teeth and bones.

History and Features

Langoustines inhabit the warm waters of the Atlantic, Caribbean, and Mediterranean seas.

Since ancient times, they have been considered a symbol of wealth: they were served at the feasts of Romans and aristocrats.

Today, langoustines are part of the gastronomic culture of many countries. They are characterized by a long body without large claws and a powerful tail, which contains the majority of the meat.

They feed on mollusks, crustaceans, and algae.

They lead a nocturnal lifestyle, hiding in rocks and corals.

Nutritional Value

Langoustine meat is tender, dietary, and easily digestible. It contains about 20–25 g of protein, less than 1 g of fat, and up to 100 kcal per 100 g.

The glycemic index — 0, which makes langoustines an excellent product for a keto diet.

It is best to consume 100–150 g of meat in one serving.

Langoustines pair well with greens, avocado, citrus fruits, and creamy sauces.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Iodine	355	355	242	591	266	53
Copper	178	178	160	364	107	53
Selenium	133	133	122	243	73	18
Vitamin B12	58	58	54	50	47	1
Zinc	37	51	37	82	8	8
Vitamin B5	34	34	28	57	17	2
Phosphorus	26	26	26	37	19	9
Sodium	21	21	21	41	19	10
Vitamin B3	11	13	10	23	9	1
Magnesium	10	13	12	33	7	5
Calcium	10	10	10	10	10	8
Vitamin B6	9	9	6	20	4	1
Potassium	7	9	8	10	6	5
Vitamin E	7	7	7	14	1	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	73	73	73	292		146
EPA (Omega-3)	24	24	40	60		4
DHA (Omega-3)	16	16	27	32		4

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Beef kidneys

	100 g
Protein	20
Digestible protein	19
Fats	3.5
Omega-6 : Omega-3	5 : 1
Fiber	0
Net carbs	1
Calories	120 kcal



Indexes

Glycemic index	0
Glycemic load	0.1
Insulin index, II	55
Inflammatory index, DII	0
Antioxidant, ORAC	300
Protein digestibility, PDCAAS	0.95

Beef kidneys are classified as offal, traditionally used in the cuisines of many countries. Although they are consumed less frequently today, this product is known for its high nutritional value and rich flavor. When properly prepared and cooked, beef kidneys become tender and aromatic, making them suitable for stews, soups, and fried dishes.

Kidneys contain complete protein, B vitamins, and a number of important trace elements. Due to the absence of carbohydrates, they are suitable for low-carb diets, including ketogenic diets.

Nutritional Value of Beef Kidneys

Beef kidneys have moderate calorie content and high protein levels. They provide satiety and supply the body with essential amino acids.

The average nutritional value per 100 g of the product:

- calories — 95–120 kcal
- protein — 16–18 g
- fat — 3–4 g
- carbohydrates — 0 g

The glycemic index of beef kidneys is zero, as the product contains no carbohydrates.

Vitamins and Minerals

Beef kidneys are rich in vitamins and trace elements that are involved in metabolism and maintaining health:

- vitamin B12 — essential for blood formation and the functioning of the nervous system
- vitamin B2 (riboflavin) — involved in energy metabolism
- iron — important for oxygen transport in the blood
- zinc — supports the immune system
- selenium — protects cells from oxidative stress

Due to this composition, kidneys are considered one of the richest offal in trace elements.

Consumption Features

Before cooking, beef kidneys are usually soaked in cold water or milk to reduce the specific odor and soften the taste. After that, they can be prepared in various ways.

The most common cooking methods include:

- stewing with onions and spices
- sautéing in slices
- adding to stews
- cooking in sauces

With proper preparation, beef kidneys acquire a soft texture and rich flavor, which is why they are used in the cuisines of different countries.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	1 146	1 146	1 058	982	917	1
Selenium	256	256	235	470	141	35
Vitamin B2	223	264	207	483	97	6
Vitamin B4 (Choline)	75	97	91	164	41	21
Molybdenum	71	71	64	145		6
Iron	58	26	17	46	31	9
Copper	48	48	43	98	29	14
Vitamin A	47	60	54	105	28	28
Vitamin B1	46	50	39	92	28	1
Phosphorus	42	42	42	59	30	15
Vitamin B3	40	46	36	80	32	1
Zinc	26	36	26	58	6	6
Vitamin B9	25	25	16	49	25	10
Vitamin B5	24	24	20	40	12	1
Vitamin B6	18	18	12	38	8	1
Coenzyme Q10	17	17	17	51	5	1
Vitamin C	12	15	13	44	2	1
Sodium	10	10	10	18	9	4
Potassium	9	12	11	14	8	6
Manganese	8	10	9	12	8	4
Glutathione	8	8	15	30	3	2
Vitamin D	6	6	6	6	1	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	188	188	188	750		375
Arachidonic acid (AA, Omega-6)	50	150	100	300		30

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Pork kidneys

	100 g
Protein	20.1
Digestible protein	19.1
Fats	5.1
Omega-6 : Omega-3	10 : 1
Fiber	0
Net carbs	0
Calories	143 kcal



Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	55
Inflammatory index, DII	0
Antioxidant, ORAC	300
Protein digestibility, PDCAAS	0.95

Pork kidneys are considered by-products with high nutritional value and rich flavor. In traditional cuisines of many countries, they are used to prepare fried dishes, stews, and thick sauces. When properly prepared, the kidneys become tender and aromatic, making them pair well with various spices and vegetables.

Pork kidneys contain complete protein, B vitamins, and a range of trace elements. Due to the absence of carbohydrates, they can be included in a carbohydrate-controlled diet, including low-carb eating.

Nutritional Value of Pork Kidneys

Pork kidneys have moderate calorie content and high protein levels. They provide good satiety and supply the body with essential amino acids.

The average nutritional value per 100 g of the product:

- calories — 120–145 kcal
- protein — 16–20 g
- fat — 4–6 g
- carbohydrates — 0 g

The glycemic index of pork kidneys is zero, as the product contains no carbohydrates.

Vitamins and Trace Elements

Pork kidneys contain a range of vitamins and minerals that participate in metabolism and support the normal functioning of the body:

- vitamin B12
- vitamin B2 (riboflavin)
- niacin (vitamin B3)
- iron
- zinc
- selenium
- phosphorus

Due to this composition, kidneys are classified as by-products with a high concentration of trace elements.

Preparation and Cooking Features

Before cooking, pork kidneys are usually cut lengthwise, the internal ducts are removed, and they are thoroughly washed. They are often soaked in cold water or milk to soften the flavor.

After preparation, kidneys can be cooked in various ways:

- sautéing in slices
- stewing with onions and spices
- adding to stews
- cooking in thick sauces

When properly cooked, pork kidneys acquire a tender texture and rich meaty flavor, which is why they are used in cuisines from different countries.

Inclusion in the Diet

Pork kidneys can diversify the meat menu and provide the body with protein and trace elements. They pair well with onions, garlic, herbs, and spices that enhance their flavor.

This product is suitable for various types of diets and can be used as an ingredient in hot dishes, stews, and meat sauces.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	1 125	1 125	1 038	964	900	1
Selenium	256	256	235	470	141	35
Vitamin B2	215	255	200	467	93	6
Molybdenum	62	62	56	127		6
Vitamin B4 (Choline)	58	76	71	128	32	16
Iron	56	25	17	45	30	9
Vitamin B3	43	49	38	85	34	1
Vitamin B1	42	45	36	83	25	1
Copper	41	41	37	84	25	12
Phosphorus	35	35	35	49	25	12
Zinc	22	30	22	48	5	5
Vitamin B9	20	20	13	40	20	8
Vitamin B5	20	20	17	34	10	1
Vitamin B6	18	18	12	38	8	1
Vitamin C	14	17	15	52	3	1
Coenzyme Q10	10	10	10	30	3	1
Vitamin A	9	11	10	20	5	5
Sodium	8	8	8	15	7	4
Potassium	8	10	9	11	7	5
Glutathione	7	7	14	28	3	1
Manganese	6	8	7	9	6	3
Vitamin D	5	5	5	5	1	1
Magnesium	5	6	5	15	3	2
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	188	188	188	750		375
Arachidonic acid (AA, Omega-6)	32	95	63	190		19

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Cod liver

	100 g
Protein	4.2
Fats	65
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0
Calories	613 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	20
Inflammatory index, DII	-0.08



Cod liver is not only a rich source of omega-3 fatty acids but also a valuable supplier of vitamins A, D, and trace elements such as iodine and selenium.

The content of **vitamin D** and **omega-3 fatty acids** is particularly high, which are essential for maintaining the health of bones, heart, and brain.

Moreover, cod liver is one of the best sources of **vitamin A**, making it valuable for vision, immunity, and skin health.

Nutritional Value

In terms of macronutrients, cod liver primarily contains **fats**, and its caloric content is about **100 kcal** per 100 g of product.

There are almost no carbohydrates in cod liver, making it ideal for a **keto diet**.

The glycemic index of cod liver is **0**.

Restrictions on Cod Liver Consumption

Despite its nutritional value, the consumption of cod liver may have restrictions.

Due to its high vitamin A content, there is a risk of hypervitaminosis with excessive consumption, especially in pregnant women, which can lead to congenital defects in the fetus.

Also, like any animal product, cod liver may contain contaminants such as mercury and PCBs (polychlorinated biphenyls). They can accumulate in the body with long-term consumption.

Lipid Profile

Cod liver is a source of healthy fats, including monounsaturated and polyunsaturated fatty acids.

It contains the following types of fats:

- Saturated fats: about 20-25%
- Monounsaturated fats: around 40-50%
- Polyunsaturated Omega-3 (ALA, DHA, EPA): 30-35%
- Polyunsaturated Omega-6 (LA, AA): less than 5%

Thus, cod liver contains a significant amount of healthy fats, especially polyunsaturated omega-3 fatty acids, making this product valuable for health.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin A	450	579	526	1 013	270	270
Vitamin D	420	420	420	420	67	67
Vitamin B12	258	258	238	221	207	1
Vitamin B7	233	233	200	583	28	1
Iodine	193	193	132	322	145	29
Vitamin B5	133	133	111	222	67	7
Vitamin B3	108	124	96	217	87	3
Selenium	67	67	62	123	37	9
Vitamin E	59	59	59	126	9	3
Phosphorus	53	53	53	74	37	19
Vitamin B9	44	44	29	88	44	18
Copper	44	44	40	91	27	13
Iron	36	16	11	29	19	6
Vitamin B2	32	37	29	68	14	1
Vitamin B4 (Choline)	25	33	31	56	14	7
Vitamin B6	24	24	16	52	10	1
Vitamin B1	19	21	16	38	12	1
Zinc	15	21	15	34	3	3
Magnesium	12	16	14	38	8	6
Sodium	7	7	7	13	6	3
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	1 050	1 050	1 050	4 200		2 100
EPA (Omega-3)	1 000	1 000	1 667	2 500		167
DHA (Omega-3)	1 000	1 000	1 667	2 000		250
Alpha-linolenic acid (Omega-3)	48	69	54	84	38	25
Arachidonic acid (AA, Omega-6)	27	80	53	160		16
Palmitic acid (Saturated)	15	15	15	23		30

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Pollock liver

100 g	
Protein	6
Fats	65
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0
Calories	613 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	25
Inflammatory index, DII	-0.08



With a high content of vitamins, especially vitamins A and D, as well as omega-3 fatty acids, pollock liver is not just a valuable source of nutrition, but it may also play an important role in maintaining overall health.

Vitamin A, essential for maintaining eye, skin, and immune system health, is found in pollock liver in amounts that exceed the daily requirement for an adult.

Vitamin D, which aids in the absorption of calcium and phosphorus, supporting bone and dental health, is also present in significant quantities.

Additionally, pollock liver contains a considerable amount of minerals, such as iron, magnesium, and phosphorus.

Nutritional Value

The energy value is about 613 calories per 100 grams of the product, with most of the calories coming from fats.

- Proteins: 4.2 g
- Fats: 65.7 g (including saturated fatty acids, monounsaturated, and polyunsaturated fatty acids)
- Carbohydrates: 1.2 g

The glycemic index of this product is low. The glycemic load is also minimal.

Possible Risks of Consumption

Despite all the beneficial properties, there are also **possible risks** associated with consuming pollock liver. One of them is related to the presence of toxins and heavy metals, such as mercury, which can accumulate in marine inhabitants. Therefore, it is important to consume this product in moderation and prefer pollock liver sourced from environmentally clean areas.

It is also necessary to consider the high level of vitamin A, excessive consumption of which can lead to hypervitaminosis, especially in pregnant women and children.

Lipid Profile

The main types of lipids present in pollock liver include:

- Saturated fats: about 30% of the total fat content.
- Monounsaturated fats: approximately 20% of the total fat content.
- Polyunsaturated fats: about 50% of the total fat content, of which:
 - Omega-3 ALA: about 5%.
 - Omega-3 DHA: around 20%.
 - Omega-3 EPA: about 15%.
 - Omega-6 LA: approximately 5%.
 - Omega-6 AA: about 5%.

Thus, pollock liver is a source of both saturated and unsaturated fats, including essential omega-3 fatty acids for health.

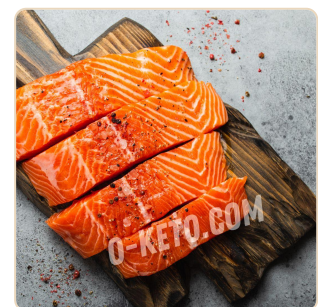
Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	833	833	769	714	667	1
Vitamin A	489	629	571	1 100	293	293
Selenium	182	182	167	333	100	25
Vitamin B5	134	134	112	223	67	7
Vitamin B3	109	125	97	219	88	4
Vitamin B7	100	100	86	250	12	1
Vitamin B6	69	69	47	150	30	1
Vitamin B9	48	48	32	95	48	19
Phosphorus	39	39	39	54	27	14
Vitamin B2	31	36	29	67	13	1
Vitamin B4 (Choline)	25	33	31	56	14	7
Vitamin B1	25	27	21	50	15	1
Iron	23	10	7	18	12	4
Zinc	15	20	15	32	3	3
Copper	8	8	8	17	5	3
Potassium	7	10	9	11	6	5
Magnesium	6	8	8	21	5	3
Vitamin E	6	6	6	12	1	1

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Salmon

	100 g
Protein	22
Digestible protein	22
Fats	13
Omega-6 : Omega-3	0,5 : 1
Fiber	0
Net carbs	0
Calories	206 kcal



Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	25
Inflammatory index, DII	-0.50
Antioxidant, ORAC	100
Protein digestibility, PDCAAS	1

Salmon is one of the healthiest types of fish, rich in omega-3 fatty acids.

These fatty acids help reduce inflammation levels in the body and support cardiovascular health. Regular consumption of salmon can lower the risk of cardiovascular diseases and improve cholesterol levels.

Salmon is also a source of high-quality protein, vitamins, and minerals, such as vitamin D and selenium, making it an integral part of a balanced diet.

It is also rich in B vitamins, especially B12, which support the nervous system and aid in energy production.

Nutritional Value

In 100 grams of salmon fillet, there are about 206 calories, of which about 13 grams are fats, 22 grams are proteins, and less than 0.5 grams are carbohydrates.

This product has a low glycemic index, making it ideal for a keto diet.

It is recommended to consume salmon in amounts ranging from 100 to 200 grams several times a week for maximum health benefits.

Interesting Facts About Salmon

Salmon returns to its native rivers. Every year, salmon leave the ocean and return to the river where they were born to spawn. This incredible journey can sometimes cover hundreds of miles.

There are several species of salmon. Salmon includes several species, such as Atlantic, Chinook, and Pink, each with unique characteristics and habitats.

Salmon changes color. During spawning, salmon changes color, becoming more vibrant. This is due to changes in its diet and hormones that prepare the fish for mating.

Salmon has an excellent sense of smell. Salmon can detect smells at the particle level, which helps it find its native rivers and avoid predators.

Salmon can jump high. These fish can jump up to 3 meters high, overcoming waterfalls and other obstacles on their way to spawning grounds.

Salmon has «internal compasses.» Research shows that salmon can sense Earth's magnetic fields, helping them navigate during migration.

Salmon can live in two environments. Salmon can live in both freshwater and saltwater, making them unique among fish.

Salmon is an ancient species. Salmon has existed on Earth for over 60 million years, making it one of the oldest species of fish.

Salmon can accumulate toxins. Due to water pollution, salmon can accumulate heavy metals and other toxins, so it is important to pay attention to the sources of its catch.

Salmon is actively farmed. There are many fish farms around the world that breed salmon to meet the growing demand for this product.

Salmon can produce various sounds using its fins and gills, which helps them communicate with each other.

Salmon can live up to 7 years. In the wild, salmon can live up to 7 years.

Lipid Profile

Salmon is a source of various types of fats that play an important role in nutrition. Its lipid profile can be divided into the following types of fats:

- **Saturated fats:** make up about 20-30% of the total fat content.
- **Monounsaturated fats:** account for approximately 30-40% of the total fat content.
- **Polyunsaturated fats:** make up 30-40% of the total fat content, including:
 - **Omega-3 ALA:** in small amounts.
 - **Omega-3 DHA and EPA:** constitute a significant portion of polyunsaturated fats, about 20-30% of the total fat content.
 - **Omega-6 LA:** in small amounts.
 - **Omega-6 AA:** also present in small amounts.

Thus, salmon is a rich source of healthy fats, especially omega-3 fatty acids, making it an important food in the diet.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	217	217	200	186	173	1
Selenium	145	145	133	265	80	20
Vitamin B6	72	72	49	157	31	1
Vitamin D	52	52	52	52	8	8
Vitamin B3	47	54	42	94	38	2
Phosphorus	36	36	36	50	25	13
Copper	32	32	29	65	19	10
Vitamin B5	31	31	26	51	15	2
Coenzyme Q10	30	30	30	90	9	2
Vitamin B2	29	35	27	63	13	1
Sulfur	28	38	38	56		8
Iodine	23	23	16	38	17	3
Vitamin E	19	19	19	41	3	1
Vitamin B1	19	21	16	38	12	1
Vitamin B4 (Choline)	14	18	17	30	8	4
Potassium	14	19	17	21	12	10
Zinc	13	18	13	28	3	3
Vitamin B9	12	12	8	25	12	5
Magnesium	9	12	10	28	6	5
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
DHA (Omega-3)	452	452	753	904		113
EPA (Omega-3)	147	147	244	367		24
Cholesterol	35	35	35	140		70
Arachidonic acid (AA, Omega-6)	10	30	20	60		6
Alpha-linolenic acid (Omega-3)	8	11	9	14	6	4
Oleic acid (Omega-9)	6	7	6	10		8

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Wheat bran

	100 g
Protein	17.1
Digestible protein	7.2
Fats	4.2
Omega-6 : Omega-3	5 : 1
Fiber	42.8
Net carbs	23.7
Calories	216 kcal

Indexes

Glycemic index	15
Glycemic load	10.5
Insulin index, II	50
Inflammatory index, DII	-0.30
Antioxidant, ORAC	2 000
Protein digestibility, PDCAAS	0.42



Wheat bran is a byproduct of wheat processing that is often underestimated in modern diets, despite its rich nutritional value.

They are a source of fiber (**14 g of fiber** per 100 g of product), vitamins, and minerals that play an important role in maintaining health.

Bran is rich in B vitamins, especially **B1** (thiamine), **B3** (niacin), and **B5** (pantothenic acid), which are important for carbohydrate and fat metabolism.

Among the minerals found in wheat bran, **iron**, **magnesium**, **phosphorus**, and **zinc** stand out. These minerals help strengthen the immune system, support bone health, and participate in cellular metabolic processes.

Incorporating wheat bran into the diet may help improve digestion, lower cholesterol levels, and even maintain a healthy weight.

Nutritional Value

The glycemic index of wheat bran is low. Its **caloric value** is about **216 kcal** per 100 g, and the carbohydrate content is about **28 g**, of which **14 g** is fiber.

Since bran is high in fiber, its GI remains within 1-2.

Wheat bran can be included in a keto diet in small amounts (1-2 tablespoons), as it can help balance the diet and improve digestion.

Lipid Profile

Wheat bran contains a small amount of fat, and its lipid profile primarily shows unsaturated fatty acids. The main types of fats in wheat bran are as follows:

- **Saturated** fatty acids: make up about 10% of total fats.
- **Monounsaturated** fatty acids: make up about 30% of total fats.
- **Polyunsaturated** Omega-3 (ALA): make up about 1% of total fats.
- **Polyunsaturated** Omega-6 (LA): make up about 50% of total fats.

Interesting Facts About Wheat Bran

Wheat bran helps control blood sugar levels. Due to its high fiber content and low glycemic index, it can contribute to more stable blood glucose levels.

Bran can be used in cooking. It is added to baked goods, cereals, smoothies, and even soups, adding texture and nutrients to dishes.

Wheat bran is an excellent source of antioxidants. Some of the compounds found in bran have antioxidant properties that help combat oxidative stress in the body.

Wheat bran is a natural source of energy. It contains complex carbohydrates that provide a steady source of energy over a longer period.

They can be added to homemade cosmetics. Wheat bran is often used in scrubs and face masks due to its exfoliating properties.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Manganese	500	639	575	767	500	230
Iron	175	78	52	140	93	28
Selenium	141	141	129	259	78	19
Phosphorus	136	136	136	190	95	48
Fibers	115	174	156	174		109
Copper	111	111	100	227	67	33
Magnesium	107	140	124	345	75	56
Vitamin B6	100	100	69	217	43	1
Vitamin B3	84	96	75	169	68	3
Betaine	80	80	80	320	21	5
Vitamin E	69	69	69	149	10	4
Zinc	66	91	66	145	15	15
Vitamin B1	63	68	54	125	38	1
Vitamin B5	44	44	36	73	22	2
Potassium	37	48	43	55	32	25
Vitamin B2	20	24	19	43	9	1
Vitamin B9	20	20	13	40	20	8
Sulfur	19	26	26	39		5
Calcium	15	15	15	15	15	13
Vitamin B4 (Choline)	14	18	17	30	7	4
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Linoleic acid (Omega-6)	12	17	16	29		34
Alpha-linolenic acid (Omega-3)	10	15	12	19	8	6

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Tuna

	100 g
Protein	29
Digestible protein	29
Fats	1
Omega-6 : Omega-3	0,7 : 1
Fiber	0
Net carbs	0
Calories	116 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	20
Inflammatory index, DII	-0.08
Protein digestibility, PDCAAS	1



Tuna is not only an excellent source of high-quality protein but also contains a whole range of beneficial substances necessary for maintaining human health.

Its composition includes:

- cardiovascular omega-3 fatty acids;
- **vitamins** such as D and B12;
- **minerals** including selenium and phosphorus.

Nutritional Value

The caloric content of tuna is about 130 kcal per 100 grams of product, while it contains about 28 grams of protein and 1 gram of fat, making it exceptionally suitable for a ketogenic diet.

The glycemic index of tuna is 0.

Glycemic load is also absent since tuna contains virtually no carbohydrates.

However, it should be noted that when following a keto diet, the balance of fats is important, and tuna is not a high-fat source, so it should be consumed in combination with foods rich in healthy fats such as avocado, olive oil, or nuts. This will help ensure adequate fat intake and maintain a state of ketosis.

Interesting Facts About Tuna

Tuna is one of the fastest fish in the ocean. It can reach speeds of up to 75 km/h, making it a true sprinter among marine inhabitants.

There are several species of tuna. The most well-known include bluefin tuna, yellowfin tuna, and albacore, each with its own characteristics and habitat.

Tuna is a migratory fish. Some species of tuna can travel thousands of kilometers in search of food and suitable breeding conditions.

Tuna can reach enormous sizes. For example, bluefin tuna can weigh over 600 kg and reach lengths of up to 3 meters.

Tuna has a unique ability to regulate its body temperature. This allows it to survive in cold waters and hunt for slower fish.

Tuna can live up to 40 years. Some individuals reach old age, making them important for maintaining their species' populations.

Tuna can dive to great depths. It is capable of descending to depths of up to 1,000 meters in search of food.

Bluefin tuna is one of the most expensive types of fish. Prices can reach up to \$3,000 per kilogram at auctions, especially in Japan.

Tuna has an excellent sense of orientation. Scientists have discovered that tuna can use the Earth's magnetic field for navigation during migrations.

Tuna can breathe even when its mouth is closed. It uses special structures called spiracles to extract oxygen from the water.

Tuna has outstanding muscular strength. Its muscles contain a lot of myoglobin, which gives the meat a red color and makes it more nutritious.

Tuna can swim continuously for long periods. This is due to its anatomy, which allows it to maintain constant movement.

Lipid Profile

Tuna contains various types of fats, primarily monounsaturated and polyunsaturated fatty acids.

The main components of tuna's lipid profile are as follows:

- Saturated fatty acids: approximately 20-25% of total fat content.
- Monounsaturated fatty acids: about 50-60% of total fat content.
- Polyunsaturated omega-3 fatty acids (ALA, DHA, EPA): about 20-30% of total fat content, with DHA and EPA making up a significant portion.
- Polyunsaturated omega-6 fatty acids (LA, AA): less than 10% of total fat content.

Nutrients, % of the recommended daily intake

Minerals, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Selenium	128	128	118	235	71	18
Vitamin B12	92	92	85	79	73	1
Vitamin B3	82	94	73	164	66	3
Vitamin B6	55	55	38	120	24	1
Phosphorus	44	44	44	62	31	16
Molybdenum	27	27	24	55		2
Iodine	21	21	14	34	16	3
Iron	17	8	5	14	9	3
Sodium	15	15	15	30	14	7
Vitamin B4 (Choline)	12	15	14	26	7	3
Vitamin D	10	10	10	10	2	2
Zinc	8	11	8	18	2	2
Magnesium	7	10	9	24	5	4
Vitamin B5	7	7	6	12	4	1
Vitamin B2	7	8	6	15	3	1
Potassium	6	8	7	9	5	4
Vitamin E	6	6	6	12	1	1

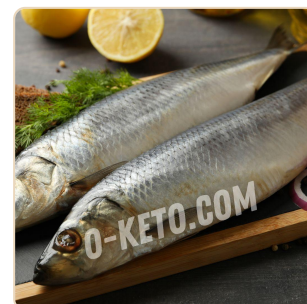
Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
DHA (Omega-3)	100	100	167	200		25
EPA (Omega-3)	40	40	67	100		7
Cholesterol	30	30	30	120		60
Oleic acid (Omega-9)	6	7	6	10		8

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Herring

	100 g
Protein	22
Fats	18
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0
Calories	250 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	20
Inflammatory index, DII	-0.50



Herring contains minerals such as iodine, selenium, and phosphorus, which are necessary for the normal functioning of the body.

Herring also contains vitamins D and B12.

Additionally, it is a rich source of omega-3 fatty acids, which play an important role in maintaining cardiovascular health. These beneficial fats help reduce inflammation in the body and may lower the risk of cardiovascular diseases.

Nutritional Value

100 grams of herring contains approximately 250-300 calories, depending on the method of preparation and marination.

This amount of product contains:

- **Proteins:** about 20-30 grams
- **Fats:** 10-17 grams

- **Carbohydrates:** 0-1 gram
- **Glycemic index:** 0
- **Glycemic load:** 0

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	570	570	526	488	456	1
Selenium	120	120	110	220	66	17
Vitamin D	115	115	115	115	18	18
Phosphorus	34	34	34	47	24	12
Iodine	27	27	18	44	20	4
Vitamin B6	23	23	16	50	10	1
Vitamin B3	20	23	18	40	16	1
Vitamin B2	18	21	17	39	8	1
Iron	14	6	4	11	7	2
Vitamin B5	13	13	11	22	6	1
Vitamin B4 (Choline)	12	15	14	26	7	3
Potassium	10	13	11	14	8	7
Zinc	9	12	9	20	2	2
Magnesium	8	10	9	25	5	4
Vitamin B1	8	8	7	15	5	1
Vitamin E	7	7	7	15	1	1
Calcium	6	6	6	6	6	5
Copper	5	5	4	10	3	1
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
DHA (Omega-3)	200	200	333	400		50
Cholesterol	31	31	31	122		61
Palmitic acid (Saturated)	8	8	8	12		15

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Pollock caviar

	100 g
Protein	24
Digestible protein	22.8
Fats	4
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0
Calories	140 kcal
Indexes	
Glycemic index	0
Glycemic load	0
Insulin index, II	45
Inflammatory index, DII	-0.20
Antioxidant, ORAC	450
Protein digestibility, PDCAAS	0.95



Pollock caviar — is a product made from the roe of the fish Theragra chalcogramma (pollock), which is widely used in the cuisines of East Asian and Eastern European countries. It is valued for its delicate texture,

moderately salty taste, and high nutritional value. Pollock caviar contains easily digestible protein, beneficial fatty acids, and a range of important vitamins and minerals.

This product is often used as a standalone snack, as well as an ingredient for salads, sandwiches, and various cold dishes. Due to its low carbohydrate content and high nutritional density, pollock caviar can be used in low-carb and keto diets.

Nutritional Value of Pollock Caviar

Pollock caviar contains a significant amount of protein and healthy fats necessary for maintaining energy and normal metabolism.

calories	150–200 kcal
proteins	24–30 g
fats	3–6 g
carbohydrates	0–2 g

In addition to macronutrients, pollock caviar contains a number of vitamins and minerals:

- vitamin A;
- vitamin D;
- B vitamins (especially B12);
- iodine;
- selenium;
- phosphorus.

Health Benefits

Due to its composition, pollock caviar can be a beneficial addition to the diet:

- source of easily digestible protein;
- contains omega-3 fatty acids;
- supports immune system function;
- participates in metabolism;
- supports skin and nervous system health.

Glycemic Index

Pollock caviar contains virtually no carbohydrates, so its glycemic index is 0. This means that the product does not cause an increase in blood sugar levels.

- glycemic index — 0;
- glycemic load — 0;
- suitable for low-carb diets;
- can be used in keto nutrition.

Culinary Uses

Pollock caviar is a versatile ingredient and can be used in various dishes.

Popular ways to consume it:

- spread on bread or toast;
- added to salads;
- snacks with vegetables;
- sauces and pastes;
- added to fish dishes.

Pollock caviar is a nutritious seafood product that can diversify the diet and provide the body with protein, vitamins, and minerals.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	396	396	365	339	317	1
Selenium	120	120	110	220	66	17
Iodine	80	80	55	133	60	12
Vitamin B4 (Choline)	61	79	74	134	34	17
Vitamin B5	54	54	45	90	27	3
Vitamin D	46	46	46	46	7	7
Phosphorus	40	40	40	56	28	14
Vitamin B2	35	41	32	75	15	1
Vitamin A	30	39	35	68	18	18
Sulfur	26	35	35	53		7
Iron	23	10	7	18	12	4
Sodium	23	23	23	43	21	10
Vitamin B9	21	21	14	43	21	9
Vitamin E	20	20	20	43	3	1
Vitamin B6	19	19	13	42	8	1
Zinc	15	20	15	32	3	3
Copper	12	12	11	25	7	4
Magnesium	11	15	13	37	8	6
Vitamin B1	10	11	9	20	6	1
Potassium	5	7	6	8	5	4
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	294	294	294	1 176		588
DHA (Omega-3)	136	136	227	272		34
EPA (Omega-3)	62	62	103	155		10
Arachidonic acid (AA, Omega-6)	6	18	12	36		4

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Black caviar

	100 g
Protein	25
Digestible protein	25
Fats	17
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0
Calories	250 kcal

Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	30
Inflammatory index, DII	-0.30
Protein digestibility, PDCAAS	1



Since ancient times, black caviar has been considered a privilege of the aristocracy, and today it continues to be a symbol of luxury and sophistication.

It is rich in omega-3 fatty acids, which help improve heart and vessel function, as well as support normal brain function.

Vitamins A, D, and B group found in caviar help strengthen the immune system and maintain skin health.

Black caviar also contains minerals: selenium, iron, zinc, magnesium.

Nutritional Value

Black caviar is rich in proteins, which account for about 25-30% of its total weight. It contains all the essential amino acids necessary for a balanced diet.

In addition to proteins, black caviar contains fats, primarily polyunsaturated fatty acids such as omega-3 and omega-6. These fats help improve the cardiovascular system and support brain health.

There are about 200-300 calories in 100 grams of black caviar.

The glycemic index of black caviar is 0, making it suitable for a keto diet. It contains no carbohydrates, allowing it to be included in the diet without the risk of raising blood sugar levels.

Lipid Profile

Black caviar contains various types of fats, predominantly monounsaturated and polyunsaturated fatty acids.

- **Monounsaturated** fats: about 45-55% of the total fat content.
- **Polyunsaturated** omega-3 fats (DHA and EPA): approximately 30-40% of the total fat content, mostly represented by DHA.
- **Polyunsaturated** omega-6 fats (LA and AA): about 10-15% of the total fat content.
- Saturated fats: less than 5% of the total fat content.

Interesting Facts About Black Caviar

Origin of black caviar. Black caviar is produced from various species of sturgeon, such as beluga, sturgeon, and sterlet, which inhabit the seas and rivers of Europe and Asia.

Longevity of sturgeons. Sturgeon fish can live up to 100 years, and some species begin to spawn only after reaching 15-20 years of age.

Fishing restrictions. In some countries, there are strict regulations or even bans on the capture of wild sturgeons to protect fish populations.

Caviar in cosmetology. Black caviar is also used in cosmetic products due to its nourishing properties and ability to improve skin condition.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	833	833	769	714	667	1
Iron	149	66	44	119	79	24
Selenium	119	119	109	218	66	16
Vitamin B4 (Choline)	89	116	109	196	49	25
Magnesium	71	94	83	231	50	38
Sodium	65	65	65	125	60	30
Phosphorus	51	51	51	71	36	18
Calcium	28	28	28	28	28	23
Vitamin B6	25	25	17	53	11	1
Vitamin D	15	15	15	15	2	2
Vitamin E	13	13	13	27	2	1
Vitamin B9	13	13	8	25	13	5
Copper	12	12	11	25	7	4
Zinc	9	12	9	19	2	2
Lutein	6	6	6	11		2
Potassium	5	7	6	8	5	4

Lipids, %

Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Cholesterol	2 940	2 940	2 940	11 760		5 880
DHA (Omega-3)	760	760	1 267	1 520		190
EPA (Omega-3)	548	548	914	1 371		91
Arachidonic acid (AA, Omega-6)	168	505	337	1 010		101
Palmitic acid (Saturated)	18	18	18	27		36
Oleic acid (Omega-9)	8	10	9	14		11

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Red caviar

	100 g
Protein	28
Digestible protein	28
Fats	15
Omega-6 : Omega-3	0,3 : 1
Fiber	0
Net carbs	0.9
Calories	263 kcal

Indexes

Glycemic index	0
Glycemic load	0
Insulin index, II	25
Inflammatory index, DII	-0.08
Protein digestibility, PDCAAS	1



Red caviar is not only a delicacy for seafood lovers but also a valuable source of nutrients. Rich in vitamins, minerals, and fatty acids, red caviar supports heart, brain, and skin health.

It also contains high-quality proteins necessary for the growth and repair of body cells.

Health Benefits of Red Caviar

Red caviar is also rich in Omega-3 fatty acids, which positively affect the cardiovascular system and brain function.

Moreover, caviar contains vitamins A, D, E, K, and B vitamins that boost immunity, improve vision, and support skin health.

Glycemic Index and Glycemic Load of Red Caviar

Red caviar is a low-glycemic product, making it an ideal choice for those monitoring their blood sugar levels. The glycemic index of red caviar is very low, meaning it does not cause a sharp increase in blood glucose levels after consumption.

The glycemic load of red caviar is also minimal, making it a good product for people looking to control their weight or monitor their carbohydrate intake.

Red Caviar on a Keto Diet: Is It Possible and in What Quantities?

Red caviar is an excellent product for a keto diet due to its richness in healthy fats and protein.

100 grams of red caviar contain approximately 200-250 calories, 12-17 grams of protein, and 17-20 grams of fat, depending on the manufacturer.

Interesting Facts About Red Caviar

Origin of the Name. The word «caviar» comes from the ancient Slavic word «ikry,» which means «egg.» Caviar is the primary product obtained from fish eggs.

Diversity of Species. Red caviar is produced from the eggs of various fish species, the most popular being salmon such as sockeye, pink, and chinook.

Production Technology. To obtain red caviar, the eggs are harvested by hand, making the process labor-intensive and increasing the product's cost.

History of Consumption. Red caviar has been known since ancient times and was used as a delicacy in Russia, where it began to be consumed as early as the 15th century.

Symbol of Luxury. Red caviar is considered a symbol of luxury and refinement, often used in restaurants and at formal events.

Red caviar is frequently mentioned in literature and art, symbolizing wealth and abundance.

Perishable Product. Red caviar is a perishable product, so it must be stored in the refrigerator and consumed within a short time after opening the package.

Storage Secrets. To maximize the freshness and taste of red caviar, it is recommended to store it in an airtight container and at a temperature between 0 and +4 degrees Celsius.

Lipid Profile

Red caviar contains various types of fats that play an important role in the product's nutritional properties.

The main components of the lipid profile of red caviar include:

- Saturated fats: about 20-30% of the total fat volume.
- Monounsaturated fats: approximately 30-40% of the total fat volume.
- Polyunsaturated Omega-3 (ALA, DHA, EPA): about 40-50% of the total fat volume, with a predominance of DHA and EPA.
- Polyunsaturated Omega-6 (LA, AA): less than 10% of the total fat volume.

Nutrients, % of the recommended daily intake

Minerals, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
Vitamin B12	833	833	769	714	667	1
Iron	149	66	44	119	79	24
Selenium	119	119	109	218	66	16
Vitamin B4 (Choline)	89	115	109	196	49	25
Magnesium	71	94	83	231	50	38
Vitamin B5	66	66	55	110	33	3
Sodium	65	65	65	125	60	30
Phosphorus	51	51	51	71	36	18
Vitamin E	50	50	50	107	8	3
Vitamin B2	48	56	44	103	21	1
Calcium	28	28	28	28	28	23
Vitamin B6	28	28	19	61	12	1
Iodine	27	27	18	44	20	4
Vitamin B1	16	17	14	32	10	1
Zinc	9	12	9	19	2	2
Potassium	5	7	6	8	5	4
Lipids, %						
Nutrient	Men	Women	Pregnant	Children (4-8 years old)	Doctor's advice	Therapeutic dose
DHA (Omega-3)	440	440	733	880		110
Cholesterol	250	250	250	1 000		500
Arachidonic acid (AA, Omega-6)	50	150	100	300		30
Linoleic acid (Omega-6)	18	25	23	43		50
Palmitic acid (Saturated)	15	15	15	23		30
Oleic acid (Omega-9)	10	12	11	17		13

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More About Nutrients

Metabolism is a set of processes that provide the body with energy, building materials, and the ability to maintain vital functions. For it to work effectively, a coordinated effort of the hormonal system, enzymes, and cells is necessary, which means the intake of certain nutrients.

The most important for optimal metabolism are zinc, iodine, selenium, protein, and healthy fats. They:

- are involved in the functioning of the thyroid gland — the main regulator of metabolism;
- support enzymatic activity and hormonal balance;
- provide the body with building materials for cells and tissues;
- reduce inflammation and promote insulin resistance;
- increase energy metabolism and the feeling of satiety.

Next, we will take a closer look at the role of some of these nutrients in metabolism, their impact on health, and optimal sources in the diet.

Read about all the nutrients in the full version of this book on the website o-keto.com.

Selenium

Selenium is an important trace element necessary for maintaining human health.

It plays a key role in the functioning of the immune system, maintaining heart health, and controlling oxidative processes in the body.

Selenium is essential for antioxidant protection, immune system function, and metabolism.

Selenium can improve thyroid function. It is involved in the metabolism of thyroid hormones and supports their normal functioning.

It is part of more than 25 selenium-containing proteins called selenoproteins, which are important for various biological functions, including reproductive health and detoxification.

Health Benefits

Mood. Some studies indicate a connection between selenium levels in the body and mental health conditions, including depression.

Improved vitamin absorption. It aids in the absorption of vitamins such as vitamin E, making it important for overall health.

Cancer. Research shows that selenium may help reduce the risk of certain types of cancer, including prostate cancer.

Fighting infections. Selenium may also help combat infections. Its role in maintaining the immune system makes selenium an important element in the prevention of infectious diseases.

Hair loss. Selenium deficiency may be linked to hair loss, as this nutrient is important for maintaining hair and skin health.

Daily Requirement and Sources

The daily requirement for selenium depends on age, sex, and health status.

On average, adults are recommended to obtain about 55 mcg of selenium per day. However, pregnant and breastfeeding women may need a little more of this trace element.

The requirement for selenium is relatively small, and it can be easily obtained from food.

Sources of selenium are diverse and include both animal and plant products. High-selenium foods include:

- **Seafood** (tuna, shrimp, salmon)
- **Meat** (beef, pork, chicken)
- **Nuts**, especially Brazil nuts: one Brazil nut contains the daily dose of selenium.
- **Seeds**

Possible forms and their absorbability

Nutrient forms are listed from best to worst:

Selenomethionine. The organic form of selenium, in which selenium is incorporated into the amino acid methionine. It has high bioavailability, is easily absorbed by the body, and can accumulate in tissues, serving as a reserve of selenium.

iHerb options:



Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	% Daily Value
Selenium 100 mcg (from L-selenomethionine)	182%
Other Ingredients: Rice flour, gelatin, dicalcium phosphate.	

Swanson, Selenium, 100 mcg, 200 Capsules
Buy ≈ \$9.29



Supplement Facts	
Serving Size 1 Tablet	
Amount Per Serving	% Daily Value
Selenium (elemental) 100 mcg (as 20 mg L-Selenomethionine)	182%
Other Ingredients: Microcrystalline Cellulose, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Source, and Magnesium Stearate, Vegetable Source.	

NOW Foods, Selenium, 100 mcg, 250 Tablets
Buy ≈ \$11.01

Selenoproteins (for example, selenocysteine). Organic compounds in which selenium is a part of proteins. These forms participate in various metabolic processes and have good bioavailability.

iHerb options:



Supplement Facts	
Serving Size 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
Vitamin E 20.1 mg (as D-alpha-tocopheryl succinate)	139%
Selenium 200 mcg (as 50-Methyl L-Selenocysteine, L-selenomethionine (yeast free), sodium selenite)	364%
Other Ingredients: microcrystalline cellulose, hypromellose (capsule), dicalcium phosphate, stearic acid, silica.	

Life Extension, Super Selenium Complex & Vitamin E, 200 mcg, 100 Vegetarian Capsules
Buy ≈ \$10.50

Selenium yeast. They are selenium-enriched yeasts that predominantly contain selenomethionine and other organic forms of selenium. They have high bioavailability and are considered an effective source of selenium.

iHerb options:



Supplement Facts	
Serving Size: 1 Vegan Tablet	
Serving Size Per Container: 100	
Amount Per Serving	%Daily Value
Selenium 200 mcg (as Selenium Yeast)	364%
OTHER INGREDIENTS: Cellulose (Plant Origin), Vegetable Magnesium Stearate, Vegetable Stearic Acid, Croscarmellose, Silica.	

Nature's Truth, Selenium, High Potency, 200 mcg, 100 Tablets
Buy ≈ \$7.23

Sodium selenite and sodium selenate. Inorganic forms of selenium. Although they can be effectively utilized by the organism, their bioavailability is lower compared to organic forms. Furthermore, at high doses, they may exhibit toxicity.

Health Consequences of Deficiency

A selenium deficiency in the body can cause cardiomyopathy, known as Keshan disease. It can also lead to thyroid dysfunction and impaired immune function, increasing susceptibility to infections.

Additionally, there is evidence of a link between low selenium levels and certain types of cancer.

Potential Risks of Excess and Toxicity

Excess selenium can lead to a condition known as selenosis. Symptoms include gastrointestinal disturbances, fatigue, irritability, and small nail defects. In more severe cases, hair loss, nerve damage, nausea, and diarrhea may occur.

Toxic effects can occur with an intake of more than 400 micrograms of selenium per day over an extended period.

Interesting Facts About Selenium

Discovered in 1817. Swedish chemist Jöns Jakob Berzelius isolated selenium from the mineral pyrolusite, marking an important step in the study of this element.

The name comes from the Greek word «selene.» This word translates to «moon,» reflecting the element's connection to astronomy and mythology.

Recognized as an antioxidant in the 1970s. Its ability to neutralize free radicals made selenium important for combating aging and diseases.

Occurs in various forms. There are different chemical forms of selenium, including selenide, selenate, and selenite, each with its properties and applications.

Soil influence. Many believe that a varied diet fully covers selenium needs, but in reality, the content of this nutrient in food depends on the soil in which it is grown. In some regions, the level of selenium in the soil can be very low.

Bioavailability. Selenium can come from various sources, but its bioavailability and absorption can differ.

For example, organic forms of selenium, such as selenomethionine, are better absorbed than inorganic forms.

Used in electronics manufacturing. It is an important component in the production of semiconductors and solar panels.

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Iodine

Iodine is an essential trace element that plays a vital role in maintaining the normal functioning of the human body.

It is necessary for the proper functioning of the thyroid gland and the production of the hormones thyroxine (T4) and triiodothyronine (T3).

These hormones regulate numerous vital functions, including metabolism, brain development, temperature balance, and heart rate.

Proper iodine intake is crucial for health throughout life, starting from conception and continuing into old age.

Health Benefits

Mood and cognitive functions. Iodine deficiency in the body can lead to depression and decreased mental abilities, especially in children.

Powerful antioxidant. It helps protect cells from oxidative stress and supports overall health.

Cancer prevention. Some studies show that adequate iodine intake may help reduce the risk of thyroid cancer.

Fighting infections. It activates immune cells and helps combat pathogens, strengthening the body's defenses.

Interaction with selenium. It is necessary for the absorption of selenium, which is also important for thyroid health.

Daily Requirement and Sources

The daily iodine requirement **for an adult** is approximately 150 mcg (micrograms), while pregnant and breastfeeding women require an increased amount of about 200-250 mcg.

Children and adolescents need smaller doses, depending on their age.

Sources of iodine include:

- Sea fish and seafood (cod, herring, shrimp)
- Seaweed (kelp)
- Iodized salt
- Dairy products
- Eggs

Iodine can also be added to table salt (iodized salt), making it a popular and accessible source of this nutrient.

For residents of inland regions where iodine levels in food may be lower, it is important to ensure the inclusion of these foods in the diet or the use of iodine-containing dietary supplements.

It is important to note that certain factors, such as smoking and consuming foods with high goitrogens (such as certain types of cabbage and soy), can reduce iodine absorption, so they should be limited.

Possible forms and their absorbability

Nutrient forms are listed from best to worst:

Potassium iodide (inorganic iodine). Widely used in supplements and iodized salt. It has high bioavailability, approaching 100%, and effectively replenishes iodine deficiency. However, at high doses, it may cause side effects such as nausea or allergic reactions.

iHerb options:



Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Iodine (from Potassium Iodide)	150 mcg	150%
Potassium (from Potassium Chloride)	99 mg	19.8%
Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, vegetable cellulose, stearic acid and magnesium stearate.		

NOW Foods, Potassium Plus Iodine, 180 Tablets

Buy ≈ \$10.40



Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Iodine (as potassium iodide)	150 mcg	150%
Other ingredients: Microcrystalline cellulose, dicalcium phosphate, vegetable cellulose, stearic acid and magnesium stearate.		

NaturesPlus, Iodine, Potassium Iodide, 150 mcg, 100 Tablets

Buy ≈ \$11.86

Iodine caseinate (organic iodine). The connection of iodine with the milk protein casein. This form is characterized by a gradual release of iodine, which reduces the risk of overdose and ensures a prolonged intake of the microelement. Iodine casein is easily absorbed and rarely causes side effects.

Iodine from seaweed (organic iodine). Found in algae such as kelp and fucus. In addition to iodine, they are rich in other beneficial substances. However, the absorption of iodine from algae may be less predictable due to variations in iodine content and the presence of other compounds.

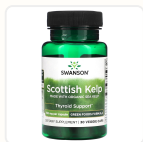
iHerb options:



Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Iodine (from Sea Kelp)	325 mcg	325%
Other ingredients: Microcrystalline cellulose, dicalcium phosphate, vegetable cellulose, stearic acid and magnesium stearate.		

Nutricost, Iodine, 325 mcg, 240 Tablets

Buy ≈ \$11.95



Supplement Facts		
Serving Size 1 Veggie Capsule		
	Amount Per Serving	% Daily Value
Iodine (from organic sea kelp)	487 mcg	325%
Organic Sea Kelp 750 mg (Acrophylum nodosum) (thallus)		
Other ingredients: Pullulan (vegetarian capsule), magnesium stearate, organic rice concentrate.		

Swanson, Scottish Kelp, Made With Organic Sea Kelp, 750 mg, 30 Veggie Capsules

Buy ≈ \$12.89

Sodium iodate (inorganic iodine). Used for iodizing salt and in some supplements. It has good stability, but its bioavailability may be lower compared to potassium iodide.

Deficiency and Related Diseases

Diseases related to iodine deficiency include:

- Goiter — enlargement of the thyroid gland, which may be visible and palpable on the neck.
- Hypothyroidism — decreased thyroid function, which can lead to fatigue, weight gain, slowed heart rate, and other symptoms.
- Cretinism — severe mental and physical developmental delay occurring in children whose mothers suffered from iodine deficiency during pregnancy.

Excess and Its Impact on Health

Iodine excess, although less common, can cause a range of negative health effects. This condition is known as iodism or **hyperiodemia** and can lead to mucosal irritation and gastrointestinal disorders such as nausea, vomiting, and diarrhea.

Long-term intake of high doses of iodine can cause **thyrotoxicosis**, a condition in which the thyroid gland produces too much thyroxine hormone.

This can lead to rapid heart rate, weight loss, anxiety, and other serious health issues. People predisposed to thyroid diseases should be particularly cautious about their iodine intake.

To prevent excessive iodine intake, it is recommended to maintain a balanced diet and avoid:

- taking iodine-containing medications in large doses without a doctor's prescription;
- using iodized salt along with other iodine-enriched foods;
- excessive consumption of seaweed or other iodine-rich products.

Myths and Misconceptions about Iodine

The darker the seawater, the more iodine it contains? The iodine content in seawater depends not only on color but also on the ecosystem, so this statement is not always true.

Coffee and tea reduce iodine absorption? Scientific studies do not confirm that coffee or tea significantly affect iodine absorption in the body.

Interesting Facts about Iodine

Discovered in 1811. French chemist Bernard Courtois discovered iodine while processing sea plants with sulfuric acid.

This element got its name from the Greek word «iodes,» which means «violet,» due to its characteristic color when evaporating.

Antiseptic. Iodine solutions, such as povidone-iodine, are often used for disinfecting skin before surgeries and for treating wounds.

High volatility. When heated, iodine evaporates and forms violet vapors, making it unique among other elements.

Various forms of iodine. Iodine can exist in the form of crystals, solutions, and organic compounds, making it versatile in application.

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Zinc

Zinc is one of the most important trace elements necessary for maintaining human health. It is involved in more than 300 enzymatic reactions, regulating gene expression, and supporting immune function. It plays a critical role in numerous biological processes, including cell growth, differentiation, and the functioning of the immune system.

Zinc is essential for the proper functioning of the immune system, wound healing processes, cell division, and DNA synthesis. Zinc is also important for maintaining the sharpness of taste and smell.

Moreover, this trace element affects blood insulin levels, participates in carbohydrate metabolism, and supports normal nervous system function.

.
Diagram of the biological role of zinc in the human body.



Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Zinc (as Zinc Picolinate)	50 mg	100%

Other Ingredients: Rice Flour, Hypromellose (cellulose), and Stearic Acid (vegetable source). Manufactured by NOW FOODS, 395 S. Olive Hwy, Bloomington, IL 61810, USA. *Certified Kosher. Taste and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, wheat, gluten, soy, milk, fish, shellfish, tree nut or marine ingredients. Produced in a GMP facility that processes all allergens containing these allergens. Natural color variation may occur in this product.

NOW Foods, Zinc Picolinate, 50 mg, 120 Veg Capsules

Buy ≈ \$11.01



SUPPLEMENT FACTS		
Serving Size: One Capsule	Amount Per Serving	% Daily Value
One Capsule Contains:		
Zinc (as Zinc Picolinate)	30 mg	275%
Other Ingredients: Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Croscarmellose, Lactose, Magnesium Stearate, Silicon Dioxide		

Thorne, Zinc Picolinate, 30 mg, 180 Capsules

Buy ≈ \$39



Supplement Facts		
Serving Size: 1 Capsule	Amount Per Serving	% Daily Value
One Capsule Contains:		
Zinc (as Zinc Picolinate)	50 mg	455%
Other Ingredients: Rice Flour, Modified Cellulose, Hydroxypropylmethylcellulose, Croscarmellose, Magnesium Stearate, Silicon Dioxide, and Magnesium Stearate		

California Gold Nutrition, Zinc Picolinate, 50 mg, 120 Veggie Capsules

Buy ≈ \$11.76

Zinc acetate. Organic form with a bioavailability of about 60.9%. Often used in lozenges for the treatment of colds and strengthening the immune system.

Zinc gluconate. Gluconic acid and zinc salt. The bioavailability is approximately 60.9%. Widely used in supplements due to good absorption and availability.

iHerb options:



Supplement Facts		
Serving Size: 1 Tablet	Amount Per Serving	% Daily Value
One Tablet Contains:		
Zinc	50 mg	455%
Other Ingredients: Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Croscarmellose, Magnesium Stearate, Silicon Dioxide, and Magnesium Stearate		

NOW Foods, Zinc, 50 mg, 250 Tablets

Buy ≈ \$9.79

Zinc glycinate. Chelated form in which zinc is bound to the amino acid glycine. It has a bioavailability of about 54%. It is considered gentle on the gastrointestinal tract and less likely to cause side effects.

iHerb options:



Supplement Facts		
Serving Size: 1 Tablet	Amount Per Serving	% Daily Value
One Tablet Contains:		
Zinc	60 mg	545%
Other Ingredients: Cellulose, Stearic Acid, Croscarmellose, Hydroxypropylmethylcellulose, Magnesium Stearate, Magnesium Silicate, Maltodextrin, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide		

21st Century, Chelated Zinc, 60 mg, 60 Tablets

Buy ≈ \$2

The exact form is not specified. It can be either zinc glycinate, gluconate, or picolinate.

Zinc monomethionine. The combination of zinc with the amino acid methionine. The bioavailability is about 58%. It is often used in sports nutrition to support immunity and recovery.

iHerb options:



Supplement Facts		
Serving Size: 1 Vegetarian Capsule	Amount Per Serving	% Daily Value
One Capsule Contains:		
Zinc (as Zinc monomethionine, zinc citrate)	50 mg	455%
Other Ingredients: microcrystalline cellulose, croscarmellose, hydroxypropylmethylcellulose, magnesium stearate, silicon dioxide		

Life Extension, Zinc Caps, High Potency, 50 mg, 90 Vegetarian Capsules

Buy ≈ \$6.75

Zinc oxide. Inorganic form with low bioavailability — about 48%. Often used in topical preparations such as ointments and creams, but less preferred for internal use due to poor absorption and biotoxicity!

iHerb options:



Supplement Facts		
Serving Size 3 Tablets (Serving Size Per Container about 83)		
Amount Per Serving		% Daily Value
Vitamin D3	10 mcg	50%
(as Cholecalciferol)	400 IU	
Calcium	1,000 mg	77%
(as Calcium Carbonate)		
Magnesium	400 mg	85%
(as Magnesium Oxide)		
Zinc	15 mg	136%
(as Zinc Oxide)		

Other Ingredients: Cellulose, Croscarmellose Sodium, Gum Acacia, Contains 4% of Magnesium Silicate, Magnesium Stearate, Polyethylene Glycol, Polyvinyl Alcohol, Silicon Dioxide, Stearic Acid, Titanium Dioxide.

21st Century, Calcium Magnesium Zinc + D3, 250 Tablets

Buy ≈ \$9.92

Zinc sulfate. Inorganic form with a bioavailability of about 48%. It may cause gastrointestinal irritation and is less commonly used in modern supplements.

Health Consequences of Deficiency

Zinc deficiency can reduce the body's ability to regenerate tissues and heal wounds, as well as affect the normal development and functioning of the reproductive system.

Other consequences of zinc deficiency include an increased risk of infectious diseases, slowed growth and development in children, deterioration of skin, hair, and nails, as well as possible disturbances in taste and appetite.

Psychological symptoms include decreased attention span, depression, and apathy, which are directly related to the critical role of zinc in neurotransmission.

Risks of Excess and Toxicity

Zinc toxicity usually manifests as gastrointestinal disorders, headaches, and fatigue, and can lead to more serious consequences, such as suppression of immune function and imbalance of other important trace elements in the body.

According to the National Institutes of Health (NIH), the upper intake level for zinc for adults is 40 mg per day.

Taking zinc in doses exceeding this limit may lead to copper deficiency, as excess zinc interferes with the absorption of copper by the body.

Additionally, consuming more than 50 mg of zinc daily for several weeks may cause negative effects, including a decrease in «good» cholesterol (HDL) levels and changes in immune system function.

Dietary Sources on a Keto Diet

To maintain zinc levels on a keto diet, it is essential to include foods rich in this element. Excellent sources of zinc include:

1. **Meat:** beef, pork, lamb.
2. **Seafood:** oysters and crabs rank among the highest in zinc content.
3. **Pumpkin seeds:** an ideal snack option that not only supports zinc levels but also enriches the diet with healthy fats and fibers.

Other good sources include flaxseeds, hard cheeses, and eggs.

Interesting Facts About Zinc

Discovered in 1746. Swiss alchemist and mineralogist A. C. M. Bergman was the first to isolate zinc in pure form, although the metal had been used long before in various alloys and jewelry.

Important element for the growth and development of children. It is necessary for normal cell growth and contributes to brain development in children.

Alcohol abuse. Alcohol affects zinc absorption and can lead to its deficiency.

Skin health. It is used in various creams and ointments for treating acne and other skin diseases due to its anti-inflammatory properties.

Plant sources of zinc are less bioavailable than animal sources. Phytates found in grains and legumes can bind to zinc and hinder its absorption.

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Conclusion

Congratulations! You have taken an important step towards boosting your metabolism and improving your metabolic function by incorporating iodine, selenium, protein, healthy fats, and B vitamins into your diet.

Regular consumption of foods such as seafood, eggs, beef, nuts, avocados, and greens will help stabilize your energy levels, maintain a healthy weight, improve hormonal balance, and enhance physical and mental activity.

If you want to learn more about nutrition for a fast metabolism, visit our website <https://o-keto.com/>, where you will find:

- Additional recipes – dishes with precise calculations of proteins, fats, and carbohydrates for an active metabolism.
- Personalized menu – the ability to create a diet that accelerates metabolism.
- Nutrition analysis – monitoring the balance of macro- and micronutrients to achieve your goals.

You can also purchase a complete collection of recipes to boost your metabolism, including over 100 dishes that support active energy exchange, hormonal health, and physical endurance.

Remember: a fast metabolism is not just about nutrition, but also about lifestyle! Let your meals be delicious, nutritious, and energizing throughout the day.

Stay active and enjoy life!

Important information

The materials presented in this book are intended for general information only and are not medical advice, prescriptions, or a substitute for professional consultation. Nutrition advice, supplements, vitamins, and micronutrients may affect people differently depending on health status, chronic conditions, allergies, individual tolerance, and other factors.

Before making any dietary changes, especially in the presence of diagnosed conditions, pregnancy, medication use, or symptoms of illness, consult a physician or qualified health professional.

The authors and publishers are not responsible for any possible consequences related to the use of the information in this publication. Responsibility for health-related decisions rests entirely with the reader.

Remember: only a specialist can provide individual recommendations based on the full picture of your health.